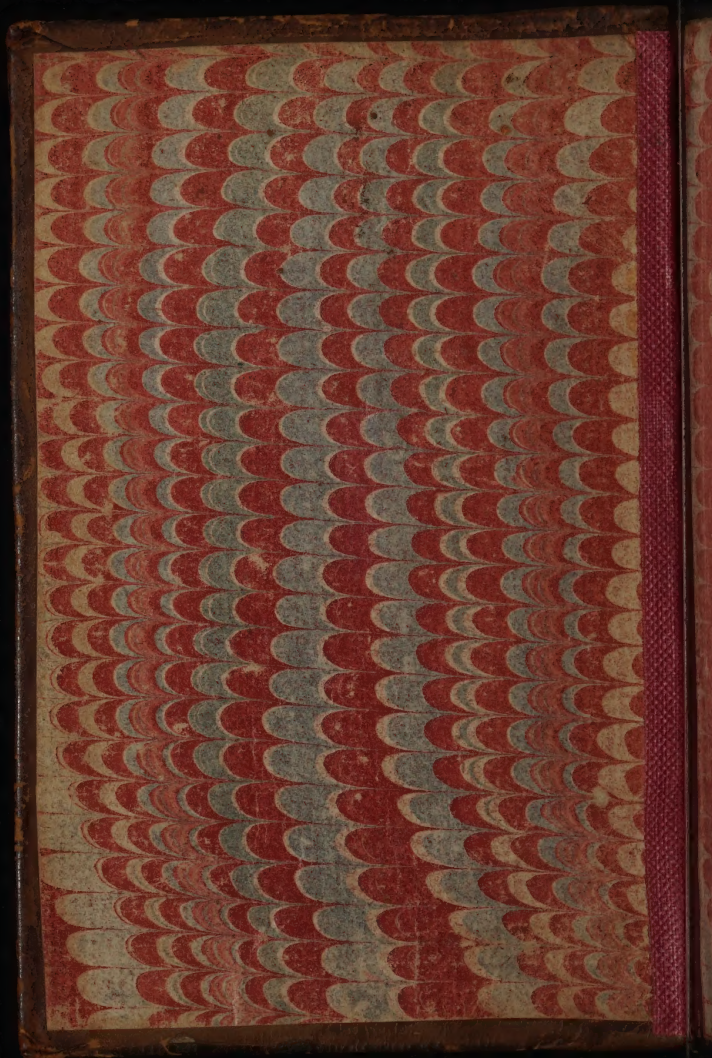


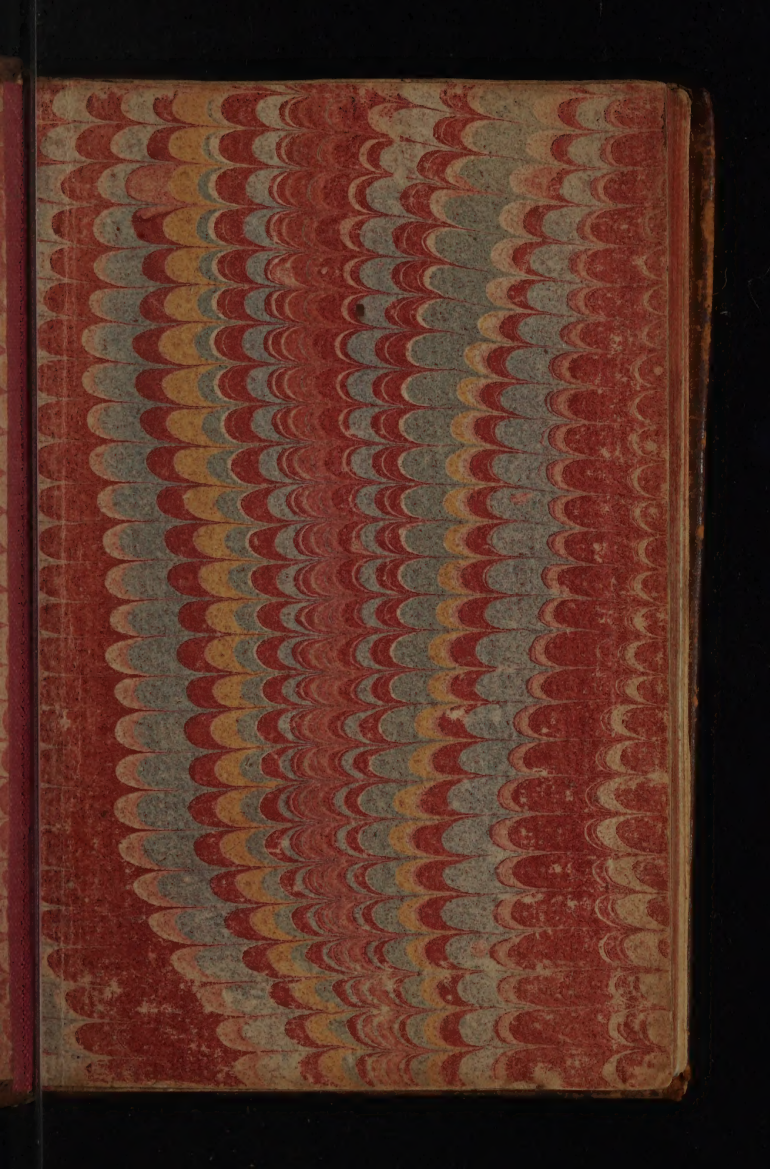
CASTELL
OF HELTH
—
ELYOT











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THE CA-
STELL OF HELTH
CORRECTED

AND IN SOME
places augmen-
ted, by the
first au-
thor
therof, Sir Thomas
Elyot knight,
the vere of
our loyde
1541.



1534

1001
1541
—
260

THE PROHEME
 OF SYR THOMAS ELY-
 ot knyght into his boke called the
 Castell of Helth.



ALENE THE

moſte excellent Phiſicion feared, that in wyting a compenſ-
 dioule doctrine for the curyng
 of ſickenelle, he ſhoulde looſe
 all his labour, for as much as
 no manne almoſt dydde endeour hym ſelfe to
 the ſyndyng of truth, but that all men dydde ſo
 much eſtyme riches, poſſeſſions, authozitie, and
 pleaſures, that they ſuppoſed them, which were
 ſtudious in any part of Sapience, to be madde
 or diſtract of their wytte, for as muche as they
 demed the chief Sapience, which is in knowlage
 of thinges belonging as wel to god as to man,
 to haue no beyng. Sens this noble wyter found
 that lacke in his time, whan there flouriſhed in
 ſundry countreys a great multitude of men ex-
 cellent in al kindes of lernyng, as it yet doth ap-
 pere by ſome of theyr woꝝkes, why ſhould I be
 greued with reproches, wherewith ſome of my
 countrei do recopence me, for my labours taken
 without hope of temporall reward, only for the
 fervent affection, whiche I haue euer borne to-
 ward the publike weale of my countrei: a woꝝ-
 thy matter ſaith one, Syr Thomas Elyot is be-
 come a phiſicion, and writeth in phiſicke, whi-
 che beſemeth not a knyght, he mought haue ben
 muche

The prohemie.

much better occupied. Cruely if they will call
him a phisicion, whiche is studypouse about the
weale of his countrey, I will cause thei so name
me, for during my life I will in that affection
alwaie continue. And why, I pray you, should
men haue in disdain or small reputaciō the sci-
ence of phisike: which beyng well vnderstand,
truely experienced, & discretely ordred, doth con-
serue helth, without the whiche all pleasures be
pynfull, rycheesse vnprofitable, company an-
noyance, strength turned to feblenes, beauty to
lothsomnes, senses are disperced, eloquence in-
terrupted, remembraunce confounded, whiche
hath ben consydered of wylse men, not onely of
the priuate estate, but also of emp. roys, kinges,
and other great princes, who for the vniuers-
all necessitee and incomparable vtilitee, which
they perceiued to be in that science of phisicke,
thei did not only aduaunce and honour it with
speciall priuiledges, but also dyuers and ma-
ny of theim were therein ryght studypouse, in so
much as Iuba the kynge of Mauritania and
Libya, founde out the vertous qualitees of the
herbe called Euforbium. Gentius kynge of Is-
iria, found the vertues of Gentian. The herbe
Lysimachia, tooke his name of kynge Lysim-
achus. Mithridates the great kynge of Pon-
thus, founde fyrst the vertues of Scordion and
also inuented the famousse medycyne againste
poyson, called Mithridate. Artemisia queene
of Caria founde the vertues of Motherwoorde
whiche in latyne beareth hir name, wherby his
noble renoume hath lenger continewed, than
by the makinge of the famousse monument once
his

The prohome.

hir dead husband called *Hyansolcum*, although it were reckned among the wonderfull workes of the worlde, and yet hir name with the saied herbe still abideth, whyles the said monument a thousand yeares passed, was vtterly dissolued. It seemeth, that physicke in this realme, hath been well esteemed, sens the hole studie of *Salern*, at the request of a kyng of England, wrote and set foorth a compendious and profitable treatise, called the *Gouernance of health*, in latine *Regimen sanitatis*. And I trust in almightie God, that our soueraigne lord the kynges maiestee, who dately prepareth to stablishe among vs true and vncorrupted doctrines, will thorowly examine also this part of studie, in suche wyse, as thynges apt for medicine, growyng in this realme, by conference with most noble authors may be so knowen, that we shal haue lesse neede of thynges brought out of farre countreys, by the corruption wherof, innumerable people haue perished, without blame to be geuen to the physicions, sayyng onely, that some of them not diligent ynough in beholdyng their drugges or ingredience at all tymes dispensed and tried.

¶ Besydes the saied kynges, whom I haue rehersted, other honozable personages haue wrytten in this excellent doctrine, and not only of the speculative part, but also of the practise therof: whose workes do yet remaine vnto their glorie immortall, as *Alicena*, *Auencor*, *Rasis*, *Rozanelius* *Cellus*, *Serenus*, and whiche I should haue first named, *Bachaon*, and *Podalirius*, noble dukes in *Grecia*, whiche came to the siege of *Troy*, and brought with them xxx. great shippes.

The prohemie.

pes with men of warre. This well considered, I
take it for no shame to studie that science, or to
set forth any booke of the same, being thereto
prouoked by the moste noble and vertuous ex-
ample of my moste noble maister kyng Henrie
the. viii. whose helth I hertily pray god as long
to preserve, as god hath constitute mans life to
continue, for his highnes hath not discerned to
be the chiefe author and setter forth of an In-
troduction into grammer, for the children of his
louyng subiectes, whereby, hauyng good may-
sters, they shall most easily and in short time ap-
prehend the vnderstandyng and forme of spea-
kyng of true and eloquent latine. O roiall hert,
full of very nobilitie. O noble breast, setting
forth vertuous doctrine, and laudable studie.
But yet one thyng muche greueth me, that notwithstanding
I haue euer honoured, and spe-
cially fauoured the reuerend colledge of approu-
ued phisicians, yet some of them heeryng me spea-
ken of, haue saied in derision, that although I
were pretily seen in hystories, yet being not lea-
rned in physicke, I haue put in my booke diuers
errours, in presumyng to write of herbes and
medicines. First as concernyng hystories, as I
haue planted them in my workes, being wel vn-
derstand, they be not so light of importance as
they dooe esteeme them, but may more surely cure
mens afflictions, then diuers phisicians to cure
maladies. For whan I wrote first this booke, I
was not all ignorant in physicke. For before
that I was twentie yeres olde, a woorthie
physician, and one of the moste renoumed at
that time in England, perceiuyng me by nature

The prohemie.

enclpned to knowlage, radde vnto me the woꝛkes of Galene of temperantes, naturall facultees, the introduction of Iohanniscus, with some of the Aphorismes of Hippocrates. And afterward by mine own studie, I radde ouer in order the moze part of the woꝛkes of Hippocrates, Galenus, Orbasius, Paulus Celius, Alexander Trallian⁹, Aesculap⁹, Plinius the one and the other, with Dioscorides. Noꝛ I dyd omittle to read the long Canones of Auicenna, the commentaries of Auerroys, the practises of Iacobe, Haliabbas, Rasis, Mesue, and also of the moze parte of them whiche were their aggregatours and folowers. And although I haue neuer been at Mountpellier, Padua, noꝛ Salern, yet haue I found some thyng in physicke, wherby I haue taken no littell profite concerning myne owne helth. Mozeouer I wote not why physicions should be angrie with me, sens I wꝛate and did set forth the Castell of helth for their commoditee, that the vncertayne tokens of vrines, and other excrementes should not deceiue them, but that by the true information of the sicke man, by me instructed, they might be the moze sure to prepare medicines conuenient for the diseases. Also to the intent that men obseruyng a good order in diete, and preuentynge the great causes of sicknesse, they should of those maladies the sooner be cured. But if physicions be angry, that I haue wꝛitten physicke in englishe, let them remember that the grekes wꝛate in greke, the Romans in latin, Auicenna, and the other in Arabike, whiche were their own proper and maternel tongues. And if that had been as muche at

The prohemie.

tached with enuie and couetise, as some nows
seeme to be, they would haue deuised some par-
ticuler language, with a strange cypher or forme
of letters, wherein they wold haue witten their
scyence, whiche language or letters no manne
should haue knowen that had not professed and
practised physicke: But those, although they
were Paynims and Jewes, in this part of cha-
rittee, they farre surmounted vs christians, that
they would not haue so necessarie a knowlage
as physicke is, to be hidde from them, whiche
would be studiouse about it.

¶ Finally God is my iudge, I wryte neyther
for glozie, rewarde, nor promotion, onely I des-
sire men to deeme well mine intent, sens I dare
assure them, that all that I haue witten in
this boke, I haue gathered of the most prin-
cipall wryters in physicke. Whiche be-
yng thzoughly studied and wel remem-
bred, shall be profitable (I doubt
not) vnto the reader, and nothyng
noyouse to honest physicions,
that dooz measure their
studie, with mode-
rate liuyng and
christen cha-
rittee.



The table.



T M V S T B E

remembred, that the nouble in the Table, dooth signifie the leafe, and the letter A, dooeth signifie the first page of syde, the letter B, the second page of syde.

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1



Of the conseruacion of the bodie of mankynde, within the limitacion of helth, whiche (as Galene saith) is the state of the bodie, wherein we be neither greened with payne, nor let from doeyng our necessary busynesse, doeth belong the diligent consi-

deracion of thre sortes of thynges, that is to saie,

{ Thynges Naturall,
 { Thynges not Naturall, and
 { Thynges against Nature.

Thynges naturall be. viij. in numbze.

{ Elementes { Powers
 { Complexions { Operaciōs and
 { Humours { Spiritēs.
 { Membres

These be necessarie to the beyng of helth, accordyng to the order of their kynde: and be alwaie in the naturall body.

Thynges not naturall be sixe in number.

{ Wyte { Emptines and
 { Meate & drinke { replecion and
 { Slepe & watch { Affections of
 { Mewyng & reste { the mynde.

Thynges against nature be thre.

{ Sicknesse.
 { Cause of sicknesse.
 { Accident, which foloweth sicknesse.

¶ And

The fyre.

Cantered to thynges naturall.

Age.

Fygure, and

Colour.

Diuerſitee of kyndes.

The elementes be those originall thynges vnsmyrte and vncompound, of whose temperance and myxture, all other thynges haupng corporall substance be compact: Of them be foure, that is to ſaie.

{ Earth,
Water,
Ayre, and
Fyre.

Earth is the moſte groſſe and ponderouſe element, and of hir proper nature is colde and drye.

Water is moze ſubtyll and light than earth, but in reſpect of Ayre and Fyre, it is groſſe and heauie, and of hir propre nature is colde and moyſte.

Ayre is moze light and ſubtyll than the other two, and beyng not altered with any exteriour cauſe, is properly hotte and moyſte.

Fyre, is abſolutely light and cleere, and is the clarifier of other elementes, if they be viciate or out of their naturall temperaunce, and is properly hotte and drye.

This is to be remembred, that none of the ſaid elementes be commonly ſeene or felt of mortall men, as they are in their originall beyng: but they whiche by our ſences be perceyued, be corrupted with mutuall myxture, and be rather earthie, watrye, ayrye, and fyrye, than abſolutely earth, water, ayre, and fyre,

Of the complexcion of
man. Cap.2.

Complexcion is a combination of twoo diuerse qualitees of the foure elementes in one body, as hot and dry of the fyre, hote and moyste of the Ayre, colde and moiste of the water, cold and drye of the Earth. But although all these complexcions be assembled in euery bodie of man and woman, yet the bodie taketh his denomination of those qualites, whiche abound in him, more than in the other, as hereafter insueth.

The bodie, where heate and moisture haue soueraintee, is called Sanguine, wherein the ayre hath preeminence, and it is perceiued and knowen by these signes, whiche doe folow.

	Carnositee oz fleshytnesse.
	The veynes and arteries large.
	Heare plentie and redde.
	The bylage white and ruddie.
	Sleape muche.
Sanguin.	Dreames of bluddie thynges, oz thynges pleasaunt.
	Mulle great and full.
	Digestion perfect.
	Angrie shortly.
	Siege , brine, and sweat abundaunt.
	Fallyng shortly into bledying.
	The brine redde and grosse.

B

Where

the first

Where cold with moysture preuaileth, that body is called **fleumatiike**, wherein water hath preeminence, and is perceiued by these signes,

fleumatiike.

Fatnesse quauyng and soft.
 Meynes narrowe.
 Heare muche and plaine,
 Colour white.
 Sleape superfluous.
 Dreames of thynges watrie, or of
 fyre.
 Slownesse.
 Dulnesse in learnyng.
 Towardise.
 Pulse slowe and litlell.
 Digestion weake.
 Spittell white, abundant, and
 thicke.
 Urine grosse, white, and pale.

Cholerike, is hot and drie, in whom the fire hath preeminence, and is discerned by these signes folowynge.

cholerike.

Leannessse of bodie.
 Costifenesse.
 Heare blak or dark aburn, curled
 wyllage and skynne red as fyre, or
 salowe.
 Hotte thynges noyfull to hym.
 Litlell sleape.
 Dreames of fire, fighting, or ager
 Witte sharpe and quicke,
 Hardie and fightyng.
 Pulse swift and strong.
 Urine high coloured and clere.
 Moyses sharpe,

Melanco?

Melancolyke is colde and drye, ouer whom
the earth hath dominion, and is perceiued by
these signes.

Melancolyke.

Leannesse with hardnesse of
chynne.
Heare plaine and thinne.
Colour duskye, or white with
leannesse.
Muche watche.
Dreames fearefull.
Stiffe in opinions.
Digestion slowe and yll.
Tymorous and fearefull,
Anger long frettyng.
Pulse littell.
Seldome laughyng.
Urine watry and thinne.

Besides the saied complexions of all the
hole body, there be in the particuler mem-
bres, complexions, wherein if there be a-
ny distemperance, it bringeth sicknesse or
griefe into the membre. Wherfore to know the
distemperature, these signes folowyng would
be considered. For sene, that it be remembred,
that some distemperatures be simple, and some
be compound. They whiche be symple, be in
simple qualitees, as in heat, cold, moist, or drye.
They whiche be compound, are in compounde
or mixte qualitees, as heate and moysture, heat
and drythe: colde and moyste, colde and drye.
But nowe first will we speake of the symple
complexions of euery principall member, be-
gynnyng at the bryne,

The first

The brayne exceeding in heat hath

The head and visage very redde and hot.

The heare growng faste, blacke and courled.

The veines in the eyes apparent.

Superfluo^s matter in the noſethrils, eies, & eares.

The heade annoyed with hotte meates, drinckes, and ſauours.

Sleepe ſhort and not ſound

The brayne exceeding in cold hath

Muche Superfluitee running out of the noſe, mouth, eares, and eie.

Heare ſtreight & fine growing ſlowly, and ſcare.

The head diſpoſed by ſmal occaſion to poſes and mures.

It is ſoone annoyed with colde.

It is colde in touchyng.

Weynes of the eie not ſcene.

Sleepe ſomewhat.

Much in exceſſe hath

Heares playne.

Seldome or neuer bald.

Witte dull.

Muche Superfluities.

Sleepe muche and depe.

The brayne dype
hath

No superfluites runyng.
Wittes good and redy.
Matchefull.
Heares blacke, hard and
fast growyng.
Balde shortly.

Complexcions compouned.

Brayne hot & moist
distempered hath

The head akyng & heule,
full of superfluites in
the nose.
The southern wind gre-
uouse.
The Northern wynde
holosome.
Sleepe depe but vnquiet
with often wakynges
and strange dreames.
The senses and wit vnz
perfect.

Brain hot and dyp
distempered hath

None abundance of su-
perfluitee, whiche may
be expelled.
Senses perfect.
Muche watche.
Soner balde than other
Muche heare in chyldes
hoode, and blacke or
browne, and curled.
The hed hot and ruddy.

W III The

The first

Braine cold & moist
distempred hath

The senses and wit dul
Muche cleape.

The head sone replenis
shed with superflu-
ous moisture.

Distillaciōs and posces
oz mures.

Not shortly balde.

Sone hurt with colde.

Braine cold and dry
distempred hath

The head cald in feling
and withoute colour.

The veines not apyring
Sone hurt with colde.

Often diseased.

Wit perfecte in chylde
hote, but in age dull.

Aged shortly, and bald.

Of the Hert.

The hert hotte
distempred hath

Muche blowyng & puffyng.
Pulse swift and busie.

Ordinelle & manhod much
Promptnesse, activitie, and
quickenesse in dooyng of
thynges.

Furie and boldnesse.

The breast heary toward
the left syde.

The breast brode with the
head littell.

The body hotte, except the
lyuer doe let it.

The

The hert cold dis-
tempered hath

The pulse very lyttell.
The bryeth lyttell and slow
The brest narrow.
The body all cold, except
the liuer doth inflame it,
Feareful nesse.
Scrupsulositie & much care
Curiosities.
Slownesse in actes.
The brest cleane without
heares.

The hert moyst
distempred hath

The pulse soft.
Sone agry & sore pacified.
The body all moyst, except
the lyuer disposeth contrary

The hert dry dy-
tempered hath

The pulse harde.
Not lyghtly angry, but be-
yng angry, not sone paci-
fied.
The body dry, except the li-
uer doth dyspose contrary

The hert hotte
and moyste.

The brest and stomake hery
Promptnes in actes.
Soone angry.
Fiercenes but not so much as
in hotte and dry.
Pulse soft, swyft, and busy.
Breath or wynd accordyng.
Shortely falleth into dys-
eases caused of putrefactis-
on,

The fyrst

The hert hotte
and drye

The herte poulse great and
swift.

The breath or wynde acor-
dyng.

The breast and stomache all
heary.

Quicke in his doynges.

Boldnesse and hardinesse.

Swift & hasty in mouyng.

Sone styred to angre, and
tyrannous in maners.

The breast hote and all the
body hot and drye.

The hert colde
and moyste.

The pulse soft.

fearefull and tymorous.

Slowe.

The breast cleane without
heare.

Not hastily angrie, nor re-
teinyng anger.

The breast narrow.

All the bodie cold and moiste.

The hert colde
and drye hath

The pulse hard and littell.

The wynde moderate.

Seldom angry, but whan it
hapneth, it dureth long.

The breast cleane without
heare and littell.

All the bodie colde and drye.

Of the Liuer.

The liuer in heate
distempered hath,

{ The veynes great.
The blood more hotthan
tempera te.
The bealy heary.
All the body hot, excedyng
temperance.

The liuer cold di-
stempered hath.

{ The veynes small.
Abundance of fleume.
The bloude colde
All the body colde in fees
lyng.
The bealy without heate

The lyuer moyst
distempered hath

{ The veynes soft.
Muche blood and thynne.
All the body moyst in fees
lyng, except the hert dys-
poseth it contrary.

The lyuer dry dry-
stempered hath.

{ The veynes harde.
The bloude littell and
thycke.
All the body drye.

The complexions compounde may be decer- Calen.in
ned by the said symple qualtyes. And here is to arte pes
be noted, that the heate of the hert maye vayne rus.lib.2
quy the colde of the liuer. For heate is in the
herte, as in the fountayne of spryng; and in the
lyuer, as in the ryuer.

The first
Of the Stomake.

The stomake hotte
dysstempered.

He dygesteth well specys
ally harde meates, & that
wil not be shortly altered
lyght meates and soone
altered, be therein corrup
ted.

The appetyte littell and
flowe.

He deliteth in meates and
drynkes whiche bee hotte
for every naturalle com
plexion deliteth in his se
blable.

The stomake cold
dysstempered,

He hath good appetite.
He digesteth y^el and flow
ly, specially grosse meates
and harde.

Cold meates dooe ware
sowre beyng in him vndi
gested.

He deliteth in meates and
drynkes, whiche be cold,
and yet of theym he is in
domaged.

The stomak moist
dysstempered.

He thyrsteth but seldome,
yet he despyeth to drynke,
with superfluous drinke
he is hurte.

He delytethe in moyste
meates.

The stomache dry
dystempered, { He is soone thyrsty.
Contente with a lyttell
drynke.
Diseased with muche
drynke.
He deliteth in drymeates

¶ It is to be noted, that the disposiciōs of the stomake natural, do desire that which is of like qualities. The disposiciōs vnnatural, do desire thynges of contrary qualities.

¶ Also not the stomake only causeth a man to thyrst or not thyrste, but also the lyuer, the lunges and the herte.

Of the genitories or ston-
nes of generacion.

The genitories
hot dystempered { Great appetite to the act of
generacion.
Ingendryng men chyldren.
Heare soone growen about
the membles.

The genitories
cold dystempered { Smal appetite to the act of
generacion.
Ingendryng women chylde
Slowe growthe of here a-
boute the membles.

The genitories
moist dystempered { Sede abundant but thyn
and watrye.
The genitories
dry dystempered, { Sede litle but metely thyke
in sustance.

The first

**Genitozies hot
and moyste,**

Lesse apetyte to lechery than
in them, whiche be hotte and
drye.
More puissance to do it, and
without lesse damage.
Hurt by absteynng from it.
Lesse herines thā in hot & drye

**The genitozies
hotte and drye,**

The seede thicke.
Muche fruitefulness of Ge-
neracion.
Great appetite and redynes
to the act.
Heare aboute the membes
sone growen.
Swiftnesse in p̄dyng of the
acte.
Soone therewith satisfied.
Damage by v̄sng therof.

**The genitozies
colde and moyst**

The seede watry and thinne.
Lytell desyre to the act, but
more puissance than in them
whiche be colde and drye.
Littell heares oʒ non about
the membes.

**The genitozies
colde and drye.**

Heares none oʒ few.
Littel appetit oʒ non to lecher
Littel puissance to doe it.
Ingendrynge more females
than men chyl dren.
That littel seede that is is thic-
ker than in colde and moyst.

The first

called Chylus, by the laste dygestion made apt to be couerted into bloud. In this humour, water hath dominion most principall.

Cfelwme vnnaturall is that, whiche is myxt with othre humours, or is altered in his qualittes, And therof is viii. sundry kyndes.

Watry, whiche is founden in spetill of the great drinkers, of them, whiche dygeste yll.

Slimy or rawe.

Glaci, lyke to whyte glasse, thicke,

Visceus lyke byrde lime and heuy,

Plastry, which is very grosse, and as it were chalky, suche is founde

in the toyntes of them, whiche haue

Fleume. the gout.

Salt, which is mingled with coler,

Sower, mixt with melancoly, whiche cometh of corrupt digestion.

Harsh, thicke and grosse, whiche is seldome founden, whiche tasteth

lyke grene crabbes or sloes.

Stiptik or bindyng, is not so gross

nor cold, as harsh, and hath the tast lyke to grene redde wyne, or other

lyke, strapyng the tounge.

Ponicū

Choler doth participate with naturall heat as long as it is in good temperance. And there of is also two kyndes,

Naturall and
Vnnaturall.

Pa

Choler
natural

Naturall choler is the some of bloudde, the colour wherof is redde and clere, or moze like to an ozenge colour, and is hot and dry, wherin the fire hath dominion: and is light and sharpe, and is ingendred of the most subtil part of matter decoct or boyled in the stomack, whose begynnyng is in the liuer.

Unnatural choler is that, which is mixt or corrupted with other humors, wherof be foure kyndes.

Citrine or yelow choler, whiche is of the mixture of naturall choler, and watry fleume, and therefore hath lesse heat than pure choler.

Yelky lyke the yelkes of egges, whiche is of the myxture of fleume congeled, an choler naturall, and is yettasse hot than the other.

Grene lyke to lekes, whose beginninge is rather of the stomack, than of the liuer
Grene lyke to grene canker of mettall, and burneth lyke venim, and is of excedyng adustion of choler or fleume, and by these two kindes nature is moistified.

Melancoly or blacke choler is divided into two kyndes.

Natural, which is the dyegges of pure bloud, and is knowen by the blacknes, whan it issueth eyther downwarde or upwarde, and is verily colde and dry.
Unnatural, whiche procedeth of the adustis

The first

adulstion of cholericke mixture, and is
hotter & lighter, haupng in it violence
to kill, with a dangerous disposition,

Of the members.

There be diuersities of members,
that is to say.

Official mem-
bers.

{ The brayne.
The herte.
The liuer.
The stones of generation
Synewes whiche do serue to
the braine.
Arteries oz pulles, whiche do
serue to the hert.
Veynes which do serue to the
liuer.
Vessels spermatike, wherein
mans seede lieth, whiche dooe
serue to the stones.

Partes called Simila-
res, for beynge deuided
they remayne in them
selfe lyke as they were.

Bones.

Gristle.

Galles betwixt the
yttremoste skyn and
the fleshe.

Muscles oz fillettes

Fatte.

Fleshe.

members instru-
mentall.

{ The stomache.

The raynes:

The bowelles.

All the great synewes.

These of their vertu do appetite meate & alter it:

Of powers.

{ Animall.
Spirituall.
Naturall.

Naturall power. { Whiche doe minister.
To whom is ministred,

Whiche dooeth minister. { Appetiteth.
Retayneth.
Digesteth.
Expelleth.

To whom is ministred. { Ingendzeth.
Nourisheth
Feedeth.

Power spirituall. { Working, which delateth
the hert & arteries, and
estones streineth them.
Wrought, which is stirred
by an exterior cause to
work, wherof comth agee
idignacio, subtiltie, & care,

Power animall. { That which ordeineth, dis
cerneth, and compseth.
That mooueth by volun
tarie mocion.
That which is called sens
sible, wherof do procedz
the fine wittes,

the first

Of that whiche
ordeineth dooe
procede

Operacions.

} Imaginacion in the forhed.
 } Reason in the brayne.
 } Remembrance in the nodel.
 } Appetite by heate and drythe.
 } Digestion by heate and mois-
 } sture.
 } Reteynyng by cold & drythe.
 } Expulsion by cold & moyste.

Spirite is an aylie substance, subtil, styrng
the powers of the bodie, to perfourme their o-
peracions, whiche is deuided into

} Naturall, whiche taketh his be-
 } gynnynge of the lyuer, and by the
 } veynes, whiche haue no pulse,
 } spreadeth into al the hole body.
 } Vitall, whiche procedeth fro the
 } hert, and by the arteries or pulles
 } is sent into all the hole bodie.
 } Animall, whiche is ingendred in
 } the brayne, and is sent by the se-
 } newes, thozoughout the bodie,
 } and maketh sence or feelyng.

Annered to thynges naturall.

Agēs be. iiii.

} Adolescencie to. xvj. yeares
 } hot and moist, in the which
 } tyme the bodie groweth.
 } Iuuentute vnto. xl. yeares
 } hot and drye, wherein the
 } body is in perfect growth.
 } Senectute, vnto. lx. yeares,
 } cold and drye, wherein the
 } body beginneth to decrece.

Age

Age decrepitate, vntill the last tyme of lyfe, accidentally moiste, but naturally cold and drie, wherein the powers and strength of the bodie be moze and moze minished.

Colour.

Of inward causes.

Of outward causes.

Coler of inward causes

Of equalitee of humours, as he that is redde and white.

Of inequalitye of humours, wherof doe procede black, as low, pale, or white onely.

Redde. } dooe betoken do-
Blacke. } minion of heate,
Salowe. }

White, colde of fleume.

Pale colde melancoly.

Redde, abundance of bloud.

Salowe, choler citrine.

Blacke, melancolie or choler aduste.

Colour of outward causes.

Of colde or heate, as English men be white, Mo-riens be blacke.

Of thinges accidental, as of feare, of anger, of sorrow, or other like mo-
cions

L ii Blacke

The first

Coloure
of heare.

Blacke, either of aboundaunce of
choler inflamed, or of muche in-
cendyng or adustion of bloud.

Redde heare of muche heate not
aduste.

Gray heares of abundance of mel-
lancholy.

White heares of the lacke of nas-
turall heate, and by occasion of
fleume putrified.

¶ All the residue concernyng thynges natural
contained in the Introduction of Joannitius,
and in the littell craft of Galene, I pourposely
passe ouer for this tyme, for as muche as it do-
eth require a reader haupng some knowlage in
philosophie naturall, or els it is hard and tedi-
ous to be vnderstand. Moreover this, whiche
I haue wrytten in this first tables, shalbe suffi-
cient to the conseruacio of helth, I meane with
that whiche now foloweth in the other tables.

The second Table.

¶ Thynges not natural be so called, because
thei be no porcion of a naturall body, as
they be, whiche be called naturall thyn-
ges, but yet by the temperaunce of theim
the bodie beeyng in health, so consisteth, by the
distemperaunce of them, sickenesse is induced,
and the bodie dissolued.

¶ The firste of thynges not naturall, is ayre,
whiche is properly of it selfe, or of some mate-
rial

fall cause or occasion good or yll.

That whiche is of it selfe good, hath pure vapours, and is odoriferous.

Also it is of it self, swift in alteration from hot to cold, wherein the bodie is not muche provoked to sweate for heate, ne to chyll for vehemencie of colde.

Ayre among all thinges not naturall is chiefly to be obserued, for as muche as it doeth both inclose vs, and also enter into our bodies, specially the most noble member, which is the hert, and we can not be separate one howe from it, for the necessitie of breathyng and fetchyng of wynde.

The causes wherby the ayre is corrupted, be specially fowre.

Influence of sundrie sterres.
Great standyng waters neuer refreshed.
Larraine lyng long aboue ground.
Muche people in smal rume lyng vncleanely and cluttishly.

Wynd byngyng hol some ayre.

Nothe, whiche prolongeth lyfe, by expullynge yll vapours.

Windes byngyng yll ayre,

East is temperate & lusty.

Southe corrupteth, and maketh yll vapours.

Weste, is very mutable, which nature doth hate

The first

Meate and drinke.

In meate and drinke we muste consider five thynges.

Substaunce.
Quantitee.
Qualitee.
Custome.
Tyme.
Order.

Substaunce, some is good, whiche maketh good iuice and good blood, some is yll, and ingendreth yll iuice and yll blood.

Meates and drinkes makynge good iuyce.

Bread of pure floure, of good wheate somewhat leuened, well baked, not to old nor to stale.

Egges of fesauntes, hennes, or partriches newe laied, poched, meane betwene rare and harde.

Milke new milked, dronke fastyng, wherein is suger or the leaues of myntes.

Fesauintes.

Partryches or chickens.

Lapons or hennes.

Brydes of the feeldes.

Fishe of stonie riuers.

Meale suckyng.

Bozke young.

Biese not passyng. iii, peres.

Pygeons.

Venison of redde dere.

Bease potage with myntes.

Feete

Feete of swyne or calves.
 Fygges rype, > before meales.
 Raysons,
 Bourage.
 Languedebiese.
 Persely.
 Myntes.
 Ryce with almonde mylke.
 Lettise.
 Pyperie.
 Grapes.
 Wines good moderately take, well fined.
 Ale and biere sixe daies olde, cleane brew-
 wed, and not stronge.
 Myrrh and gladnesse.
 The lyuer and braynes of hennes and chy-
 hens, and yong geese.
 Meates and drinckes makynig yf swete.
 Olde biese.
 Olde mutton.
 Geese olde.
 Swanne olde.
 Duckes of the kanell.
 Inward of beastes.
 Blacke puddynge.
 The hert, liuer, and kydneyes of al beastes.
 The braynes and marie of the backbone.
 Wood culuers.
 Shell fishe, except creuise de eau douce.
 Cheese hard.
 Apples and peares muche bled.
 Figges and grapes not rype.
 All rawe herbes, except lettise, borage,
 Lili and

The fyrst

and Cyphozie.

Onyons, } { immoderately vled, spe-
Garlyke, } { cially in Cholerike sto-
Leekes, } { macks.

Wyne in muste or lowze.

Feare, sorowe, and pensifenesse.

Meates ingendryng choler.

Garlyke.

Onyons.

Rokat.

Kerlis.

Leekes.

Mustarde.

Pepper.

Honye.

Wyne muche dronken.

Sweete meates.

Meates ingendryng fleume.

All Clymie and cleauyng meates.

These new.

All fische, specially in a fleumatik stomach

Inwardes of beastes.

Lambes fleshe.

The synew partes of fleshe.

Skrnnes.

Haynes.

Lunges.

Rapes.

Cucumbers.

Replecion.

Lache of exercise.

Meas

Meates ingendryng melancholy.

Biese.

Gotes fleſhe.

Hares fleſhe.

Boyes fleſhe.

Salte fleſhe.

Salte fyſhe.

Colewortes.

All pulſe except white peason.

Browne breade courſe.

Thycke wyne.

Blacke wyne.

Olde cheſe.

Olde fleſhe:

Great fyſhes of the ſea.

Meates makynge thicke ſuyce.

Rye breadde.

Muſte.

Breade without leauen.

Lake breadde.

Sea fyſhe great.

Shell fyſhe.

Biese.

The kydneys.

The lyuer of a ſwyne.

The ſtones of beaſtes.

Mylke muche ſodden.

Rapes.

All rounde rootes.

Lucumbers.

Sweete wyne.

Deepe redde wyne.

Garlyke.

The first

Mustarde.

Digianum.

Hylope.

Balyll.

Fencill.

Chese.

Egges fyled or hard.

Chesten nuttes.

Rauens.

Figges grene.

Apples not ripe.

Pepper,

Rehat,

Leekes,

Onyons,

} muche vfed,

Meates whiche do hurt the teath,

Very hotte meates.

Nuttes.

Sweete meates and drynkes.

Rady she rootes.

Hardc meates.

Oylke.

Bytter meates.

Muche vomyte.

Leekes.

Fy the fatte.

Lymons.

Dolewoytes.

Meates which do hurt the eses.

Drunkenness,

Leekes

Lechery.
 Muste.
 All poulse.
 Swete wyne and thicke wines.
 Hempe seide.
 Very salt meates.
 Garlyke.
 Onyons.
 Colewortes.
 Rabythe.
Readyng after supper immediately.

Makyng great oppilations.

Chyche mylke.
 All swete thynges.
 Rye breadde.
Swete wyne.

Meates inflatyng or wyndy.

Beanes.
 Lupynes.
 Licer.
 Mille.
 Cucumbers.
 All iuyce of herbes.
 Fygges dry.
 Rapes.
 Raneus raw.
 Mylke.
 Hony not well clarifid.
 Muste.

Chins

The second

Thynges good for
the head.

Cububes:
Galingale.
Lignum aloes.
Matozam.
Baulme mintes.
Gladden.
Putmygges.
Muske.
Rosemary.
Roses.
Piony.
Hillope.
Spyke.
Camomyll.
mellilote.
Reni.
Frankyncense.

Thynges good for
the herte.

Cynamome.
Saffron.
Lozall.
Cloues.
Lignum aloes.
Perles.
macis.
Baulme mintes.
myrabolanes.
muske.
Putmegges.
Rosemary.

The bone of the hert.
of a redde deere.
matozam.
Buglosse.
Bourage.
Setuall.

Thynges good for
the liuer.

Twozewoodde.
with wynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerwozte.
Tykory.
Plantayne.
Dragons.
Reasons great.
Saunders.
Fenell.
Violettes.
Rosewater.
Letrise.

Thynges good for
the lunges.

Clycampane.
Hyslope.
Scabiose.
Likowise.
Raysons.
Maidenheare. **Pe**

Bensides.
Almondes.
Dates.
Distaces,

Putmegges,
Organum.
Pyllaces.
Dyunces.
Olybanum.

Thynges good for
the eyes,

wozmwode.
Saffron.

Eye byght.

Cozall.

Fenell.

Agrymony.

Merum.

Fumitory.

Roses.

Galingale.

Lelandyne.

Cloues.

Agrymony.

Lignum aloes.

Cloues.

Mastix.

Colde water.

Mynte.

Spodium :

Thynges good for
the stomake.

The innermost skynne
of a hennes gyler.

Myzabolanes.

Coriander prepared.

THE SECONDE BOOKE. of Quantitie. Cap. i.



HE Q V A N T I T I E

of meat must be porcioned after the substance and qualittie therof, and accordyng to the complexiō of him that eateth. First it ought to be remēbzed, that meates hotte and moyst, which are qualitties of the blud

are sone turned into blud, & therfore much nourisheth the body. Some meates do nourish but lyttell

The second

littel, hauing lttell confo:mitie with bloude in the qualities. Of them whiche do nourishe. Some ar moze grosse, some lyghter in digestion. The grosse meate ingend:eth grosse bloude, but where it is wel concoct in the stomake, and wel dygested, it maketh the fleshe moze firme, and the official membris moze stronge, thanne fyne meates. Wherfore of men, whiche vse much labour or exercise, also of them, which haue very choleryke stomakes, here in Englande, grosse meates may be eaten in a gret quantitie: and in a cholerik stomacke bief is better digested than a chickens leg, for as muche as in a hot stomak fyne meates be shortly aduste and corrupted. Contrariwise in a colde or fleumatik stomake grosse meate abydeth long vndygested, and maketh putrified matter. lyght meates therfore be to suche a stomake moze apte and conueniente. The temperate body is best nourished with a littel quantitie of grosse meates: but of temperate meates in substance & qualitie, they may safely eate a good quantitie. Forseene alwaye that they eate without gourmandyse, or leaue with some appetite. And here it wold be remembered, that the cholerik stomake doth not desire so muche as he may dygeste, the melancoly stomake may not digeste so muche as he desireth: for colde maketh appetite, but naturall heate concocteth or boyleth. Not withstanding vnto natural or supernaturall heate dystroyeth appetite, and corrupteth digestion, as it appereth in feurs. Moreover frutes and herbes, specially raw, woulde be eaten in a small quantitee, although

though the person be very cholericke, forasmuch as they do ingender thynne watry bloude, apt to receiue putrifaction, whiche although it bee not shortly perceyued of hym that vseth it, at length thei fele it by sundry diseases, which are long in commyng, and shortly seeth, or be hardly escaped. Finally excelsse of meates it to bee abhored. For as it is saied in the boke called Ecclesiasticus, In muche meate shal be siknes: and inordinate appetite shal appoche vnto choler. Semblably the quantitee of drinke woulde be moderated, that it excede not nor be equall vnto the quanttie of meate, specially wine, whiche moderately taken, aydeth nature, and comforteth hir, and as the saied authoz of Ecclesiasticus saith, Wyne is a reioicing to the soule and body. And Theognes saith in Galenes worke, A large draught of wyne is yll, A moderate draught is not only not yll, but also commodius or profitable.

Ecclesi.

17

Ecclesi 31

Gal. de
tuenda
sanitate.

Of Qualytie of meates. Cap. 2.
Qualitie is in the complexion, that is to saye, it is the state thereof, as Hotte or colde, moyste or dry. Also some meates bee in wynter colde in acte, and in vertue hotte, And it wold be considered, that every complexion temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth much in disemprance, muste be reduced to his temperaunce, by that whiche is contrary to hym in fourme or qualitie, but like in degres moderately vsed, By fourme is vnderstande grosseenes, fyne-
nesse,

The second

nesse, thickenesse, or thinnesse, by degree, as the fyrste, the seconde, the thyrde, the fourth in heate colde, moysture, or dryth.

Of Custome.

Custome in feedyng is not to be contempned, or littell regarded: for those meates, to the which a man hath bene of long time accustomed, though they bee not of substance commendable, yet do they somtyme lesse harme than better meates, wherunto a man is not vsed. Also the meates & drinkes, which do muche delight him that eateth, are to be preferred to those that whiche is better, but more vnlawery. But if the custome be so pernicious, that it nedes must be left, than wold it be withdrawn by litel and lyttell in tyme of helth, and not of sicknesse. For if it shuld be withdrawn in tyme of sicknesse, Nature shuld susteyne treble detriment. first by the grieve induced by sicknesse, second by receiuyng of medicines, thirde by forbearyng the thyng, wherin she deliyteth.

Hipocra
tes apho
Galenus

Of the temperature of meates to
be receiued. Cap. 4.

To kepe the body in good temper, to the whose natural complexion is moist, ought to be giue meates that be moist in vertue or power. Contrary wise to them, whose natural complexion is dry, ought to be geuen meates dry in vertue or power. To bodies vn-temperate, suche meates or drinkes as to be ge-

uen.

men, which be in power contrary to the distemperaunce, but the degrees are alwaies to be considered, as wel of the temperance of the bodie, as of the meates. For where the meates do muche exceede in degree the temperature of the body, they annoy the bodie in causyng distemperaunce. As hotte wyne, pepper, garlike, onions, and salte, be noyfull to them, which be cholerike, because they be in the highest degree of heate and drythe, aboue the iust temperaunce of mannes bodie in that cōplexion. And yet be thei oftentimes holtsome to them, which be fleumatike. Contrariwise, cold water, cold herbes, and colde frutes moderately bled, be holtsome to cholerike bodie by puttyng away the heate, excēdyng the natural temperature: and to them, which be fleumatike, they be vnholtsome, and doe byrnyng into them distemperaunce of colde and moyste.

¶ What distemperaunce happeneth by the excessse of sundrie qualitees in meates and drynckes. Cap. 5.

Colde do congele and mortifie.
 Moist, do putrifie and hasten age.
 Dry, sucketh vp natural moisure.
 Clammie, stoppeth the issue of vapours and vrine, and ingendreth tough fleume and grauell.
 Fatte and oyle, swimmeth long in the stomake, and bringeth in lothsomnesse.
 Bitter, doeth not nourishe.
 Salte, do frett muche the stomake.

Meates.

D

Hare

the first

Hartshe, lyke the taste of wyld
fructes, dooe constipate and res
straine.

Sweete, chaufeth the bloud, and
causeth opilacions oz stoppyn
ges of the wyres and conduites of
the bodie.

Sower cooleth nature, and hales
neth age.

What commoditee happeneth by the mo
derate vse of the saied qualitees of
meates and drinckes. Cap. 6.

Meates,

Colde asswageth the burnyng of
choler.

Moyste, humecteth th[at] which is
dried.

Drye, consumeth superfluousse
moysture.

Clammie, thickeneth th[at] whiche is
subtill and persyng.

Bitter, clenseth and wipeth of, als
so mollifieth and expellet fleme

Salte, relenteth fleume clammy,
and dyleth it.

Fatte and vinctuousse, nourissheth
and maketh soluble.

Stiptike oz rough on the tongue
bindeth and comfozteth appetite

Sweete doth cleanse, dissolue, and
nourishe.

Of fruites. Cap. 7.

For as much as before that tillage of corne was inuented, & that deuouryng of fleshe and fishe was of mankind vbled, men vndoubtedly liued by fructes, and Nature was therewith contented and satisfied, but by change of the diet of our progenitours, there is caused to be in our bodys suche alteration from the nature, which was in man at the beginning that now all fructes generally are noyfull to man, and do ingender yll humours, and be oft tymes the cause of putrified feuers, if they bee muche and continually eaten. Notwithstanding vnto them, which haue abundance of choler, they be sometyme conueniente, to repress the flame, which procedeth of choler. And some fructes, which be slippyke or bindyng in taste, eaten before meales, do binde the belly, but eaten after meales, they be rather laxatiue. Now shall it not be vnerpedient, to write of some fructes particularly, declaryng their noyefull qualitees in appetryng of Nature, and howe they may be vbled with least detriment.

Of Gourdes.

Gourdes rawe be vnpleasant in eatyng, yll for the stomake, and almost neuer digested, therfore he that will needes eate them, must boyle them, rost them, or scie them, cucry way thei be without sauour or tast, and of their proper nature, thei geue to the body colde and moiste nourishment, and that very

galen de
alimen
tis. 2.

Diu little

The second

littell, but by reason of the clyppernesse of these substance: and because all meates, whiche be moyste of their nature, bee not bindyng, they lightly passe forth by the bealy. And beyng well ordered, they will be metely concoct, if corrupci-
on in the stomake do not preuent them: they be colde and moyste in the second degree.

Of Melons and Pepons.

Melons and pepones be almoste of one kynde, but that the melone is round like an apple, and the innermost parttherof, where the sedes are conteigned, is vsed to be eaten. The pepon is muche greater & somewhat long, and the inner part therof is not to be eaten: They bothe are very colde and moist, and do make yll iuyce in the body, if thei be not well digested, but the pepon muche more than the Melon, they doe least hurte, if they be eaten afore meales. Albeit if they doe finde in the stomake fleume, they be turned into fleume, if thei finde choler, they be tourned into choler. Not withstandyng there is in theim the vertue to cleanse and to prouoke vrine, they be colde and moyste in the second degree.

Of Cucumbers.

Gale. de
alimen-
tis. 2,

Cucumbers do not excede so much in moisture as melons, and therefore thei be not so sone corrupted in the stomake: but in some stomakes, beyng moderately vsed, thei do digest well, but if they be abundantly eaten

eaten, or muche vſed, they ingender a cold and thicke humour in the veynes, whiche neuer or ſeldome is tourned into good bloud, and ſometime bringeth in fevers. Alſo thei abate carnall luſte. The ſeedes as well therof, as of melons and gourdes, beyng dried, and made cleane from the hulkes, are very medicinable againſt ſickneſſes procedyng of heate, alſo the difficultie or let in piſſyng, they be colde and moiſte in the ſecond degree.

¶ Dates

Be hard to digeſt, therfore beyng muche eaten, and not well digeſted, they annoy the head, and cauſe gnawynge in the ſtomake, and make groſſe iuice, and ſometime cauſe obſtructions or ſtoppynges in the lyuer and ſpleane. And where there is inflamaciō or hardnes in the body, thei are vnholſome, but beyng well digeſted and temperately vſed, thei nouriſhe and make the fleſhe fyne, and alſo bindeth the bealie: old dates be hotte and drie in the firſt degree: newe gathered are hotte and moiſte in the firſt degree.

¶ Of fygges.

Fygges eaten, do ſhortly paſſe out of the ſtomake, and are ſone diſtributed into all the partes of the bodie, and haue the power to cleaſe, ſpecially grauel, beyng in the reins of the backe, but thei make no ſubſtancial nouryſhment, but rather ſomewhat louſe and windy, but by their quicke paſſage, the wynde is ſoone diſſolued, Therfore if they be ripe, they do leaſt

D iii

harne,

Acti^o. i.

The first

harne of any fruites, or almost none. Dry figges and olde, are moze hotte and moyste than new gathered, but tryng muche eaten thei make yll bloud and iuyce, and as some doe suppose, do ingender lice: and also anoiethe the liuer and the spleene, if they be inflamed, but haupng the power to attenuate or make humours currant, they make the bodie soluble, and do clense the raynes. Also beyng eaten afoze dinner with ginger or pepper, or powder of tyme, or pentroyal, they profite muche to them, whiche haue oppylaciōs or hard congeled matter in the inner partes of the body, or haue distillacions or reumes falling into the breast and stomake. Few figges are hottic and moiste, olde figges are hottic in the first degree, and dyle in the second.

Of grapes and raysons.

Galē de
alimen-
tis, 2.

diosco. 5

Grapes doe not nourishe so much as figges, but beyng ripe, thei make not muche yll iuyce in the bodie: all be it newly gathered, they trouble the bealpe, and fylleth the stomacke with wynde, therfoze if thei be hangd by a while, ere they be eaten, they are the lesse noyfull. Sweete grapes, are hottest, and do lose somewhat, and make a man thirsty. Sowze grapes are cold, and do also loose, but they are hard of digestion, and yet they doe not nourishe. Thei whiche are in taste bitter or harshe, be lyke to them that are sowze. Raysons do make the stomake fyne and strong, and do prouoke appetite, and do comfort weak bodie,

be-

being eaten afore meales, they be hotte in the first degree, and moyste in the second.

C Of Cherries.

Cheries if thei be sweete, thei do some dyp downe into the stomacke, but if they be sowre or sharpe, they be more hollesome, and do loose, if they be eaten freshe, and newly gathered, they be cold and moiste in the first degree.

C Of Peaches.

Peaches do lesse harm, and do make better iuyce in the bodie, for they are not so sone corrupted being eaten: of the iuyce of them may be made a syrope, very hollesome against the distemperance of choler, wherof proceedeth a stinkyng breathe: They be colde in the first degree, and moyste in the second.

C Of Appuls.

All appulles eaten soone after that they be gathered, are cold, hard to digest, and do make yll and corrupted blud, but being well kept vntill the next winter, or the yere folowynge, eaten after meales, they are right hollesome, and doe confirme the stomake, and make good digestion, specially if thei be roasted or baken, most properly in a cholerike stomake: thei are best preserved in hony, so that one touch not an other. The rough tasted appuls are hollesome, where the stomake is weake by distemperance of heate or muche moysture, The bitter

Ditt;

appuls

The seconde

appulles, where that griefe is increated. The
sowre appulles, where the matter is congeled
or made thicke with heate: In distemperature
of heate and drythe by drinkeyng muche wyne,
they haue been founde commodiouse: beeyng
eaten at night, goeyng to bedde, without drin-
keyng to theim, they be colde and moyste in the
first degree.

Of Quinces.

Quinces be colde and drye, eaten afore
meale, they bynde and restrain the sto-
make, that it maie not digest well the
meat, except that they be roasted or sod-
den: the coze taken oute and myrte with honye
clarified, or sugar, than they cause good appe-
tite, and preserueth the head from drunkenness.
taken after meate, it cloaseth and draweth the
stomake togethr, and helpeth it to digest, and
mollifieth the bealy, if it be abundantly taken,
they be colde in the firste degree, and drye in the
beginnyng of the second.

Of Pomegranates.

Pomegranates be of good iuyce, and pro-
fitable to the stomacke, specially they,
whiche are sweete, but in a hotte feuer,
they that are sowre be moze expedient and
holsome, for than the sweete do incende heate,
and pusse vp the stomake.

Of

P Of peares.

P Eares are much of the nature of apples, but they are heuier, but taken after meate, roasted or baken, they are not vnhol some, and do restrayne and knitte the stomake beyng ripe: thei be cold and moyst in the first degree.

Medlars.

M Edlars are colde and dry, and constrictyue or straining the stomake, and therefore thei may be eaten after meales, as a medicine, but not vsed as meate, for thei ingender melancholy, they be colde and dry in the seconde degree.

Malnuttres.

V Malnuttres, if thei be blaunched, are supposed to be good for the stomak and somewhat lowsyng the bealy, mixt with sugar, they doe nourishe temperately. Of two dry nuttres, as many figges, and .xx. leaues of Rew, with a grayne of salt, is made a medicine wherof if one dooe eate fastyng, nothyng: whiche is venenous may that day hurt hym, and it also p[re]serueth against the pestilence, and this is the very right Mithridate, they be hotte and dry in the seconde degree, after some opinions hot in the thirde degree, dry in the second.

Fylbers and haysell nuttres.

Thei be moze strong in substance than malnuttres

The second

nattes, wherfore they are not so easly or sone digested. Also they do inflate the stomacke, and cause head ache, but thei ingender fatte. And yf they be rosted, they be good to restraine reumes. Also eaten with peppre, they are good agaynste tourmentes of the bealy, and the stoppyng of vyne. Thei be hot and dry in the first degree.

Of Almondes.

Thei do extenuate and cleanse without any byndyng, wherfore thei purge the breste and lunges, specially bitter almondes. Also they do mollyfy the bealy, prouoke slepe, and causeth to pylse wel. Five or sixe of them eaten afore meate, kepe a man from beyng drunk, they be hot and moyst in the first degree.

Of Cheltepns.

They beyng rosted vnder the ymbers, or hot ashes, do nourishe the body strongly, and eaten with honey fastyng, doe helpe a man of the cough,

Of Pyunes.

Of the gardeyne and ripe, dooe dispose a man to the stoole, but thei doe byng no manner of nourysshment. To this fruite lyke as to fygges this propertie remayneth, that beyng dyed, they dooe profite. The Damaske pyunc rather bindeth than looseth, and

is more commodious vnto the stomake: they be cold and moyst in the seconde degree.

Of Lyues.

Condite in salte lyhour, taken at the beginning of a meale doth corroborate the stomake, stirreth appetite, and is seth the beal: beyng eaten with vyneger. They whiche be ripe, are temperately hot, the which be grene are colde and dry.

Of Capers.

They nourishe nothyng after that they be salted, but yet thei make the bely lose, and purgeth fleume, which is therein conteyned. Also styrreth appetite to meate, and openeth the obstructions, or stoppyng of the lyuer and splene, beyng eaten with oxymel, before any other meate: they be hotte and dry in the seconde degree.

Galē de
alimens
tis. 2.

Of Orenge.

The ryndes taken in a lyttell quantitie, doe comfort the stomacke, where it dygesteth, specially condite with suger, and taken fastyng in a small quantitie. The iuyce of orenge, hauyng a tost of breade put vnto it, with a litel powder of mintes, suger, and a litel cinamome, maketh a very good sauce to prouoke appetite. The iuyce eaten with suger in a hotte feuer, is not to be commended. The rinde is hotte in the fyrste degree, and dry in the second, the iuyce of the same is cold in the second degree, and dry in the first.

Herbes

The second

¶ Herbes vsed in Potage, or to
eate, Cap. 8.

Generally al herbes raw, and not sodden
do ingender cold and watry iuice, if thei
be eaten customably, or in abundance: al
be it some herbes are moze comelible, and dooe
lasse harme vnto nature, and moderately vsed,
maketh metely good bloude,

Lettise.

Among al herbes, none hath so good iuyce
as lettise: for some men do suppose, that
it maketh abundance of bloude, al be it
not very pure or perfit. it doth set a hot appetite
and eate in the euening, it prouoketh slepe, albe
it, it neither doth lowse nor bid the bealy of his
owne propriety. It increaseth milk in a womans
brestes, but it abateth carnal appetite, and much
vlyng therof, hurteth the eye sight. It is colde
and moyst temperately.

¶ Colewortes and Labages.

Before that auarice caused marchantes to
fetche out of the east and south partes of
the world, the traffike of spice and sundry
drounges, to contente the vnsatiablenesse of
wanton appetites, Colewortes for the vertues
supposed to be in the, were of such estimation,
that they were iudges, to be a sufficient medy-
cine agaynste all diseases, as it may appere in
the booke of wyse Lato, wherin he writeth of
hus

husbandrie. But nowe I wyl no moze remem-
ber, than shall be required, in that whiche shall
be vsed as meate, and not pure medicine. The
iuike thereof hath vertue to purge: The holle
leaves beyng halfe sodden, and the water pow-
red out, and they beyng put estones into hot
water, and sodden vntill they be tender, so ea-
ten they do bynde the bealie. Some do suppose
if thei be eaten raw with vineger befoze meate,
it shall preserue the stomake frome surfettinge,
and the heade from drunkennes: all be it much
vsyng of them dulleth the syght, except the eies
be very moyste. Finally the iuike that it maketh
in the body, is not so commedable, as that whi-
che is ingendred of lettis. It is hote in the first
degree, and drie in the seconde.

Of Tykory or succory.

It is like in operation to lettise, and tempes-
reth choler woderfully, and therefoz in al co-
lerik feuers, the decoctiō of this herbe, or the
water thereof stilled, is right expediente. Sem-
blabli the herbe and rote boiled with flesh, that
is freshe being eaten, keepeth the stomake and
heade in very good tēper. I suppose that Sou-
thistel and Dandelion, be of like qualities, but
not so conuenient to be vsed of them, which are
hole, bicause thei are wilde of nature and moze
bitter, and therefoze causeth fastidiousnesse or
lothsomnesse of the stomak. It is colde and drie
in the seconde degree.

Eni

The second

CEndyue and Scariole

BE much lyke in their operation to Elkorie, but thei are moze conuenient to medicine than to meate. All be it Scariole called white Endyue; haupnge the toppes of the leaues turned in and laide in the Earthe, at the latter ende of sommer, and couered, becommeth whyte and crisp, like to the great stalkes of cabbage lettise, which are in winter taken vp and eatē. And to them that haue hot stomakes and drie, they be ryght holson, but beyng to muche vsed, or in veri great quantitie, thei ingēder the humour, which maketh the cholyke, thei be cold and moyste in the fyrste degree.

CMalowes

Gal 2. de
alimen
tis.

Are not colde in operation, but rather some what warme, and haue in them a slippernesse; wherfoze beinge boyled and moderatlye eaten with oyle and vineger, they make metely good concoction in the stomacke, and causeth the superfluous matter therein easily to passe, & clensethe the bealie. It is horte and Horyste in the fyrste degree.

Cwhite beetes

Are also abstersiue and lowseth the bealie, but much eaten, annoiceth the stomacke, but thei are ryght good agaynst obstructions or stoppyng of the lyuer, if they bee eaten with vyneger or mustarde, lyke wyse it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde,

Worslan;

Curflane

Dothe mitigate the great heate in al the inward partes of the body, semlabli of the head and eyes: also it represseth the rage of Venus, but if it be preserued in salte or bryne, it heateth and pourgeth the stomack. It is colde in the .iii. degree, and moyst in the second.

Charuayle

Is very profitable vnto the stomake, but it maye not susteyne verye muche boylyng, eaten with vineger, it prouoketh appetite, and also bryne. The decoction therof drounke with wine, clenseth the bladder.

Chorzell

Beinge sodden, it louseth the bealy. In a time of pestilence, if one beyng fastyng, doo chewe some of the leaues, and sucke downe the iuyce, it merueilously preserueth from infections, as a new practiser called Guainerius doth write. And I my self haue proued it in my houlholde. The sedes therof braied & drounke with wine and water, is very holsome against the colyke and fretting of the guttes: it stoppeth fluxes, and helpeth the stomak annoied with repletiō. It is colde in the thirde degree, and drye in the seconde.

Chersely

Is very conueniente to the stomak, and comforteth appetite, and maketh the breath swete, the sedes and roote causeth vrine to passe wel, and breaketh the stone, dissolueth wyndes, the rootes boiled in water, and therof oximel being made

The Second

made, it dissolueth flewme, and maketh good digestion. It is hotte and dry in the third degree.

¶ Fenell

Being eaten the seede of rose maketh abundance of milke, lyke wise drunke with pilsane or ale. The seede somewhat restraineth flux, prouoketh to pisse, and mitigateth frettinges of the stomake and guttes, specially the decoction of the roote, yf the matter, causyng frettyng, be colde, but if it be of a hotte cause, the vse thereof is dangerous, for inflammation or exulceration of the raine or bladder. It is hot in the thyrde degree, and dry in the fyrst.

Galin.
simpli.
de medicament.

lib. 3. ca.

74.

¶ Anyse seede.

Maketh swete breath, prouoketh bryne, and dryueth downe thynges cleauing to the raine, or bladder, styreth vp courage, and causeth abundance of milke. It is hotte and dry in the thyrde degree.

¶ Beanes.

They make wynde, how so euer they bee considered: the substance, whiche they doe make, is spungy, and not fyne, all be it they be abstersiue, or clenysing the body, they tary longe, or they be digested, and make grosse iurce in the body: but if onions be soden with theym, they be lasse noyfull.

¶ Peasyn

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, they be also abstersiue, or clenysing, specially white peasyn, and they also cause metely good
nour

nourishyng, the huskes taken awaie. And the broth, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rootes and Nauewes. Cap 9.

The iuice made by them is very grosse, and therfore beyng muche eaten, if thei be not perfectly concoct in the stomake, they do make crude oz rawe iuice in the veines.

Also if they be not well boyled, thei cause wyndes, and annoie the stomake, and make some tyme frettynges: If they be well boyled first in cleane water, and that beeyng cast awaie, the second tyme with fatte fleshe, they nourishe muche, and doe neither loose nor bynde the bealie. But Nauewes dooe not nourishe so muche as rapes, but they be even as windie.

Turnepes.

Beeyng well boyled in water, and after with fatte fleshe, nourissheth muche, augmenteth the seede of manne, prouoketh carnall lust. Eaten rawe they styre bp appetite to eate, beeyng temperately vled, and be conuenient vnto thelm, whiche haue putrifid matter in their breastes oz lunges, causyng them to spitte easily, but beeyng muche and often eaten, they make rawe iuice and wyndinesse.

Parfnepes and Carrettes.

Gal. sig.

They doe nourishe with better iuice than the medi. other rootes, specially carrettes, which are hot and drie, and expelleth wind. Notwithstanding muche vled they ingender yll iuyce, but carettes

lib. 7.

Et

less

the seconde

lesse than parsnepes, the one & thother expelleth
brine. ¶ Radishe rootes.

Pau. Ae:
gineta.
Diosco.
Lib. 7. de
alimētis.

Haue the vertue to extenuate or make thynne,
and also to warme. Also they cause to breake
wynde, and to pylle: beyng eaten afoze meales
they let the meate, that it may not discende, but
beyng eaten last, they make good digestion, and
looseth the bealy, though Galenus wryte con-
trary. For I, among diuerse other, by experi-
ence haue proued it: Notwithstandyng they be
vnholosome for them, that haue continually the
goute, or peyne in the ioyntes.

Garlyke.

It dooeth extenuate and cutte grosse humours
and clymie, dissolueth grosse wyndes, and hea-
teth all the body, also openeth the places, which
are stopped, generally where it is well digested
in the stomake: it is holsum to diuers purpuses,
specially in the bodie, wherein is grosse matter,
or muche cold inclosed, if it be sodden vntyll it
looseth his tartenesse, it somewhat nourissheth,
and yet looseth not his proprietie, to extenuate
grosse humours, beyng sodden in mylke, it pro-
fiteth much against distillacions from the head
into the stomake.

Onyons.

Do also extenuate, but the long onyons more
than the round, the red more than the white, the
drie more than thei whiche be grene: also rawe
more than sodden, thei stirre appetite to meate,
and put away lothsomness, and lose the bealy,
thei quicken sighte, and beyng eaten in great ab-
undaunce with meate, thei cause one to sleepe
soundly

soundly.

Cleekes.

Be of yll iuyce, and do make troublous dreames, but they do extenuate and cleanse the bodie, and also make it soluble, and prouoketh brine. **galen. 7 cap. 138.**
 Moreover it causeth one to spitte out easily the fleume, whiche is in the breast.

Sauge.

It heateth, and somewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and braunches beyng dionke. Also it stoppeth bleeding of woundes, beyng laied vnto them. Moreover it hath been proued, that women, whiche haue been long tyme without childen, and haue dionke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue compassed with their husbandes, haue conceiued at that time. It is hotte and drie in the third degree, the vsing therof is good against palleis.

Slope.

Doeth heatc and extenuate, whereby it digesth clymic fleume: beeyng prepared with fynges, it pourgeth fleume downward, with honny and water vpward, boyled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

Bourage,

Comfourteth the hert, and maketh one merie, eaten rawe before meales, or laied in wine that is dionk. Also it mollifieth the bealie, and prepaereth to the stoule. It is hot and moiste in the middell of the first degree.

Cell

Sauc

The second

Sauery.

Pourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh vrine, and stirreth carnal appetite. It is hot and dry in the.iii.degree.

Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somewhat louseth, It is hotte and moyste in the second degree.

Cyme.

Dissolueth wyndes, breaketh the stone, expelleth vrine, and ceaseth frettynges, It is hotte and drye in the third degree.

Penyroyall.

Doeth extenuate, heate, and decoct, it refourmeth the stomake appressed with fleume, it doeth recomfort the faynte spirite, it expelleth melancoly by siege, and is medicinable against many diseases. It is hot and drye in the third degree.

Cowncrelles.

Paulus discommendeth, sayng, that it resisteth concoction, and hurteth the stomake, and maketh yll iuice in the bodie, taken as medicine, it helpeth many diseases. It is hotte and dry in the third degree.

Rosemary

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth against palseis, falling sicknes, old diseases of the breast, tourmentes or frettyng, it prouoketh vrine and sweat: it helpeth the cough take with pepper and hony, it putteth away toth ake, the footc beyng chewed, or the iuice therof put into the

the toothe, beyng bourned, the fume therof resteth the pestilence: the rynde thereof sodden or burned, and the fume receued at the mouth, stoppeth the reume, which falleth out of the head into the chekes or throte: whiche I my selfe haue proued, the grene leaues bruised, doe stoppe the hemoroides, if they be laied vnto them: That herbe is hotte and drie in the third degree.

Spices growyng out of this realme vsed
in meate and drinke. Cap. 10.

Pepper.

Blacke pepper is hottest, and moste drie, white pepper is next, long pepper is most temperate. The generall propertee of all kindes of pepper is to heat the body, but as Galene saith, it perceth downward, and doth not spreade into the veines, if it be grosse beaten, it dissolueth fleume and wind, it helpeth digestion, expulseth brine, and it helpeth against the diseases of the brest, procedyng of colde. It is hot in the first degree, and drie in the second,

Gynger.

Heateth the stomacke, and helpeth digestion, but it heateth not so sone as pepper: but afterward the heate remaineth longer, and causeth the mouthe to be moyste: Beyng grene, or well confectioned in syrope, it comforteth muche the stomake and hed, and quickneth remembrance, if it be taken in the morow fastyng, It is hotte in the second degree, and drie in the first.

The seconde

Saffron

Somewhat bindeth, heateth, and comforteth the stomake, and the hert specially, and maketh good digestion, beeyng eaten or droncken in a small quantitee. It is hotte in the seconde degree, and drie in the first.

Cloues

Hath vertue to comfort the synewes, also to consume and dissolue superfluous humours. They be hot and drie in the third degree, sodden with milke, it cōforteth the debilitie of nature.

Maces

Dioscorides commendeth to be dronke against spitting of bloud, and bluddie flures, and excessive lares. Paul⁹ Aegineta addeth to it, that it helpeth the colyke. They be hot in the iidegree, and drie in the. iii. degree. It is to the stomacke very commodious, taken in a littell quantitee.

Putmygges

With their swete odour comfort and dissolue, and somtime comforteth the power of the sight and also the bzayne in colde discrasies, and is hotte and drie in the second degree.

Of breade. Cap. ii

Galē de
alimen-
tis. 2.

Breade of fyne flowre of wheate, hauyng no leauen, is slowe of digestion, and maketh stymie humours, but it nourisheth much: if it be leauened, it digesteth soner. Bread hauyng muche bzanne, fylleth the bealie with excrementes, and nourisheth littell or nothyng, but shortly discēdeth from the stomake. The meane betwene both, sufficiently leuened,
well

well moulded , and moderately baken , is the moſte holſome to euery age. The greateſt loues do noziſhe moſte faſte , for as muche as the fyre hath not exhausted the moiſture of them. Hotte bread ſlowly paſſeth. Barlie bread clenſeth the bodie , and dooeth not nouriſhe ſo muche as wheate , and maketh colde iuyce in the bodie.

Of fleſhe. Cap. 12.

Befe of Englande to engliſhemen, which are in health, byngeth ſtronger nouryſhyng , but it maketh groſſe bloud , and ingendreth melancoly, but beyng of yong oxen , not exceadyng the age of ſowre yeares, to them whiche haue cholerike ſtomackes, it is more conuenient than chickens, and other lyke fine meates.

Swyns fleſhe.

Above all kyndes of fleſhe in nouryſhyng the body, Calene moſt comendeth porke, not beyng of an olde ſwine, and that it be well digeſted of him that eateth it. For it maketh beſt iuyce, it is moſte conuenient for yong perſons , and theim whiche haue ſuſtained muche labour , and therewith are fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they do brede muche ſuperfluous humours.

Lambe

Is very moiſte and fleumatike, wherfore it is not conuenient for aged men , excepte that it be very drye roſted , nor yet for them , whiche haue in their ſtomakes muche fleume,

The seconde

Mutton.

Galē de
alimen:
ti3,3.

Galene dooeth not commend it, notwithstanding dyng experience proueth here in this realm, that if it be yong, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed moze than any other meate, in all diseases. And yet it is not like good in all places, nor the shepe whiche beareth fynest woll, is not the sweetest in eating, nor the moste tender. But I haue founde in some countreis mutton, which in whitenesse tendernes and sweetenesse of the fleshe, mought be well nigh compared to kydde, and in digestion haue proued as holtsome.

Kydde and Meale

Of Galene is commended next vnto porke, but some men do suppose, that in helth and sickness they be muche better than porke, the iuyce of them both beyng moze pure. And here it is to be noted, that of all beastes, whiche be dry of their nature, the yongest be most holtsome, of them that are moyste, the eldest are least hurtfull.

Hare, Coney.

Hippoc.
de ratio:
ne uict^o.
li.2 ca 19
Plin.28.

Maketh grosse blud, it drieth and stoppeth, but yet it prouoketh a man to pylse. Cony maketh better and moze pure nourishment, and is sooner digested than hare. It is well proued, that there is no meate moze holtsome, or that moze cleane, symely, and temperately nourisheth than rabbits.

Deere red and falowe.

Hippocrates affirmeth the fleshe of hartes and hyndes to be of yll iuyce, hard of digestion, and drie, but yet it moueth vryne. Of falowe deere, he nor any other olde wyter doth speake of

of, as I remember. I suppose, because there be not in althe world, so many as we in England, where they consume a good parte of the best pasture in the realme, and are in nothing profitable, saving that of the skinnes of them is made better lether than is of calues, the huntynge of them beyng not so pleasant as the huntynge of other venery or vermine, the fleshe much more vnholsome and vnpleasant thā of a red deere, ingendring melancoli, and making mani feareful dreames, & disposeth the body to a feuer: if it be much eaten: not withstanding the fat therof (as some lerned men haue supposed) is better to be dygested than the leane.

Of byrdes.

The fleshe of al birdes is much lighter, thā the fleshe of beastes in comparison, most speciall of those foules which trust most to their winges, and do brede in high cuntreys.

Capons hennes and chickens

The Capō is aboue al other foules praised, for as much as it is easly digested, & maketh litel ordure, & much goodnourishment. It is comodus to the brest and stomake. Hens in wynter are almoste equall vnto the capon: but they do not make so strong nourishment. Auicen saith, if thei be roasted in the bealy of a kyd or lambe, they wyll be the better. Chickens in sommer, specially if thei be cockrels, are very conuenient for a weake stomake, & nourisheth a litel. The fleshe of a cocke is hard of digestion. but the broth, wherein it is boyled, setteth the bealy, & hauing coddē in it colowretes

Poly,

The second

Holypodium, or Tartamus, it purgeth yll humors, and is medicinable against goutes, ioint aches, and fevers, whiche come by courses.

Fesaunt.

Excedeth all fowles in swetenesse, and holsonnes, and is equal to a capō in nourishyng, but he is somewhat drier, and is of some menne put in comparison, meane betwene a hen and a parteyche.

Partriche.

Of all foules is most soonest digested: and hath in him muche nutrimente, comforteth the braine, and maketh sede of generaciō, and reueth luste, whiche is abated.

Quayles.

Although they be of some men commended, yet experiēce proueth them to increace melancolye, and are of a small nourishinge.

Larkes

Be as well the fleshe as the brothe very hot: some eaten rosted, thei do much helpe against the colyke, as Dioscorides saith.

A plouer.

Is slowe of digestion, nowrisseth litel, increaceth melancoly.

Blacke byrdes or ouls

Among wilde foule hath the chiefe praise, for lyghtnes of digestion, and that thei make good nowrishment, and littell ordure.

Sparowes

Be hard to digest, and are very hotte, and stirreth vp venus, and specially the braines of the
woods

Woodcockes

Are of a good temperaunce, and metely light
in digestion.

Pigeons

Be easily digested, and are very holtsome to
them, which are fleumatike, and pure melācoly.

Goose

Is harde of digestion, but beyng yonge and
fatte, the wynges be easy to dygest in a hole sto
make, and nourysheth competently.

Ducke

Is hotter than goose, and harde to digest, and
maketh wors iuyce, causing the brawnes on the
breste bone, and the necke, is better than the
remnaunt.

Crane and Bustarde

Crane is harde of digestion, and maketh yll
iuyce, but beyng hanged vp long in the ayre, he
is the lesse vnholtsome. Bustard beyng fat, and
kept without meate a day or two afore that he
be kylled, to expoulse his ordure, and than dra
wen, and hanged as the Crane is, beyng roasted
or baken, is a good meate, and nourisheth wel,
if he be well digested.

Hearon, Byttour, Shouelar

Beyng yonge and fatte, be lightlyr digested
than crane, and the bittour sooner than the hea
ron, And the shouelar soner than any of theim,
but all these fowles muste be eaten with muche
Cynger or Pepper, and haue good olde wyne
drunke after them, and so shal they be more ea
sily digested, and the ioyce commyng of theim
be the lasse noyfull,

The

The second

¶ The partes and members of birdes
and beastes. Cap. 13.

The wynges, brawnes, and necke of geese
capons, hennes, fesaunt, partriche, and
smal birdes, beyng fatte, are better, than
the legges in digestion, and lyghter in nourys-
shyng. Of wildfoule and pigeons beyng fatte,
the legges are better than the wynges, the braw-
nes of duche, teale, and wygeon except, whiche
is better to digest than the resydue.

The gyllar oz stomake

Of a goole oz henne, beyng fatte with branne
and mylke, beyng well sodden oz made in pou-
der, is good for the stomak, in makyng it strong
to digest, and nourisheth competently.

The lyuer

Of a capon, henne, fesaunt, oz goole beyng
made fatte with mylke mixt with their meate,
is not only easy to digest, but also maketh good
iuyce, and nourisheth excellently. But the lyuers
of beastes be yll to digest, passeth slowly, and
maketh grosse blud, but it is strong in nourishing.

The inwarde of beastes, as tripes,
and chyttel wynges.

The fleshe of them is more harde to digest,
And therfore although they be well dygested, yet
make they not twice naturall sanguine oz cleane,
but raw iuyce and colde, and requyrez a longe
tyme, to be conuerted into bloude.

The lunges oz lyghtes.

Are more easy to digest than the lyuer, and
lesse nourisheth, but the nourishment, that it
maketh,

maketh, is fleumatyke. All be it the lunges of a
Fore, is medicinable for them, whiche haue syk-
nelle of the lunges.

The splene or mylt
Is of il iuyce, for it is the chāber of melancoly.

The herte.
Is of harde fleshe, and therfore is not soone
digested, nor passeth shortly, but where he is
wel digested, the iuyce that it maketh, is not to
be dysprayed. **T**he brayne

Is fleumatyke, of grosse iuyce, slow in dyges-
tyng, noyouse to the stomacke, but where it is
wel digested, it nourisheth muche.

Narow
Is more delectable than the brayne, it is il for
the stomacke, but where it is well dygested, it no-
urisheth muche.

The stones and vdders
Beyng well digested, do nourish muche, but
the stones are hotter with their moystnesse, the
vdders colde and fleumatiike: they both doe in-
crease sede of generation: but the bloude made
of the vdder is better than that which commeth
of the stones, except it be of calues and lambes.
Also the stones of cockes, maketh commendable
nourishment.

The heade.
The fleshe therof nourisheth muche, and au-
gmenteth sede, but it is slow of dygestyon, and
noyeth the stomacke, but to theim, which vse mo-
che exercise, it is not commendable.

The tongue
Is of a spongy and sangwyne substance, but
the

The second

the kernelles and gristel, which are in the rootes, yf they bee wel digested, they make good nourishment, yf they be not well digested, they make flegme.

The feete.

Seynge wel boyled and tender, in a hole stomacke, dygesteth well, and maketh good iuyce, and passeth forth the easelye. Gelene commendeth the feete of swine: but I haue proued, that the feete of a yonge bullocke, tenderly sodden, and laied in sowse two daies or thre, and eaten cold in the eueninge, haue brought a cholerike stomacke into a good digestion and slepe, and therewith hath also expelled salt flegme and choler: and this haue I found in my self by often experience, alway foreseene, that it be eaten before any other meate, without drynking immediately after it.

Of fische generally.

Cap. 14

The best fysh after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lyft vp with wyndes & sourses. The more caulme that the water is, the worse is the fysh. They whiche are in muddy waters, do make much flegme and ordure, taken in fennes and dyches be worst, being in freshe ryuers and swift, be sometime commendable: All be it generally all kindes of fische maketh more thinner bloude than fleshe, soo that it dothe muche nouryshe and it doothe sooner passe ouer by vapours: to a hot cholerike stomacke, or in feuers, somtyme they be holseme, being

being new, freshe, and not very harde in substance or slimy, hard fysh is hard of digestion: but the nourishment therof is more firme, than that whiche is soft: those whiche haue muche grosse humours in them, are best powdred.

Of Butter. Chap. 15.

Butter is also nourythyng, and profyteth to them, whiche haue humours superfluous in the brest or lounge, and lacketh resting and clensing of them, specially if it be eaten with sugar or hony. If it be wel salted, it heateth and clenseth the more.

Of Cheese. Chap. 16.

Cheese by the hole sentence of all auncient wyters, letteth dygestion, and is enemy vnto the stomake. Also it ingendreth yll humours, and breedeth the stone. The cheese which doth least harme is soft cheese reasonably salted, which some men do suppose nouryseth much.

Of Egges. Chap. 17.

Egges of fescantes, hennes, and partriches be of all other meates most agreable vnto nature, specially if they bee new laied: if they be reere, they doe cleanse the throte and the brest. If they be harde, they bee slow in digestion: but being ones digested, they do nourish muche. Meane betwene reere and hard, they digest conveniently, and nouryssh quickly. Egges wel poched, are better than roasted. If they be fryed hard, they be of yll nourishment, and do make stinkyng fumes in the stomake, & doe corrupt other meates, with whom they be mingled. They be most holisome, whan they be poched,
and

The second

and most vnholcome, whan thei be fyled. Dioscorides saith, If thei be souped warme, before any other meate, thei do heale the griefes of the bladder, and raines, made with grauell: Also sozenesse of the chekes and throte, and spitting of bloudder: and thei be good agaynst cattarres oz stillynge out of the head, into the stomake.

Of Drynkes, and fyrst of water. Cap. 18.

Vndoubtedli water hath preemynence aboue all other lycors, not onely bycause it is an elemēt, that is to sai, a pure matter, whereof all other lycours haue theyr original substance, but all so for as much, as it was the very natural and first drynke, to all maner of creatures. wherfore the sayeng of Pindarus the poete was euer wel allowed, which sayth, water is best. And one thing is to be wel considered, that from the creation of the world, vntyll the vniuersale deluge oz floudde, durynge whiche time, men liued eyghte oz nine hundred yeres, there was none other drik vsed nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke only water and yet lyued long, as Appolonius, and other. and in the serchynge out of secrete and mysticall thynges, their wittes excelled. Moreover, we haue sene men and women of great age, and strong of bodye, which neuer, oz very seldome, dranke other drynke, than pure water: As by example, in Cornewal, although that the countrey be in a very colde quarter, whiche proueth, that yemenne from their infancie were accustomed to none

none other drinke but to water only moderates
ly vsed, it should be sufficient to kepe naturall
moisture, and to cause the meat that is eaten to
perce and discend vnto the places of digestion,
whiche are the purples that drinke scructh for.
But now to the qualittes of water, after the sē-
tence of ancient phylosophers and phisicians.
The raine water, after the opinion of the most
men, if it be receiued pure and clene, is most sub-
till and penetratiue, of any other waters: The
next is that, which issueth out of a spring in the
east, and passeth swiftly among great stones or
rockes: The third is of a clene riuer, which ren-
neth on gret hard stones or pebles. There be dis-
uers meanes to try out, which is the best water.
for that whiche is lightest in poise or weight is
best. Also that, whereof commeth least skym or
froth, whan it doth boyle. Also that which will
sonest be hot. Moouer deepe linnen clothes in-
to sundrie waters, and after lay the to drie, and
that whiche is sonest drie, the water wherein it
was deped is most subtil. After a great surfet,
specially taken with superfluous eating of bā-
kettyng meates, cold water dronken is a gene-
ral remedy. Hippo. affirmeth, that in sharp and
feruent diseases, none other remedie is to be re-
quired than water. And Galene will not, that
children should be let from drinkyng of water,
but that whan they fele them selves very hotte,
after meales and do desire to drinke water, spe-
cially of a clene fountain, thei shuld be suffered.
Also Hippo. saith, In suche sicknesses where as
thou fearest, least the head shuld be vehemently

De ratio
ne uict⁹
in mor.
acutis.
Lib. 3.

If

griued,

the seconde

greced, or the mynde perished, there muste thou
geue either water, or white wyne alayed with
much water. Notwithstandyng there be in wa-
ter causes of diuers diseases, as of swellng of
the spleene, and the liuer, it also flitteth & swym-
meth, and it is long or it perceeth, in as muche as
it is colde and slowe in decoction, it loseth not
the bealy, nor prouoketh brine. Also in this it
is vicious, that of his proper nature, it maketh
none ordure. Finally, alway respect must be
had to the person, that drinketh it, for to yonge
men, and them that be hotte of complexion, it
doeth lesse harme, and sometime it profiteth: but
to them that are feble, olde, fleumatiike, or me-
lancoly, it is not conuenient.

Of wyne. Cap. xix.

Plato, the wisest of all philosophers, doth
affirme, that wine moderately dronke, no-
risheth and comforteth, aswel al the body,
as the spirites of man. And therfore God
did ordein it for mankind, as a remedy against
the incommodities of age, that thereby they
shoud seme to retourne vnto youth, and forget
heuenesse. Andoubtedly wine heateth, and moi-
steth the bodie, whiche qualitees chiefly con-
serueth nature. And Galene of all wines, com-
mendeth that, which is yelow and clere, sayng:
that it is the hottest, and white wine least hotte,
And the colour meane betwene both, of sembla-
ble temperature. The yelowe wyne, whiche is
the proper colour of very hotte wynes, to olde
men doth byng these commodities. First it heat-
eth all their members, also it wurgeth be brine
the

the watric substance of the bloud. Moreover the wyne, whiche be pale or yelow, and full of substance, they do increase bloud, and nourishe the bodie, but for the more part olde men haue nede of suche wyne, whiche do prouoke brine: for as muche as in them do abounde watric excrementes, or superfluities, and thei whiche do tary long in the bealy, be not apt for aged men. Blacke or deepe red wyne and thicke, do bind: and congele that whiche thei do find in the bodie, and although some of them do not long abyde in the bealie, yet they moue not brine, but rather withdraweth: but yet they do harme to old men, for as much as thei do stop the conduites of the splene, the lyuer, and the raynes. Also grosse wyne be best for them, whiche desire to be fatte, but it maketh oppilacions. olde wyne and cleere is better for them that be fleumatiike, Galene also prohibith children to drinke any wine, for as much as thei be of an hotte & moist temperature, and so is wyne: and therfore it heateth and moisteth to much their bodies, and filleth their heades with vapours. Moreover, he would, that young men should drinke littell wyne, for it shall make them prone to furie, and to lechery, and that parte of the soule whiche is called rationabile, it shall make troublous and dull: notwithstanding, yet it is somtyme profitable to mitigate or expell ordure, made of coler or melancholie. Also it profyteth againste drythe, whiche hapneth in the substance of the bodie, either by to muche labour, or by the proper temperature of age: for wine moisteth and

ff it

nouris

Libr i. de
tuenda sa
nitate,

The seconde

Eccle. 31

nourisheth that, whiche is to drinke, also mitlgasteth and dissolureth the sharpnesse of choler, and purgeth it also by vrine and sweat. Finally (as Theognes saith.) Muche drincking of wyne is yll, but moderate drincking of wine is not only not yll, but also commodious and profitabie, whiche sentence is confirmed by Iesus Syrac, in the booke named Ecclesiasticus, sayng: wine moderately dronke, reioiceth both the body and soule. Wherfoze to conclude this chapter, there is neither meate nor drinke, in the vse whereof ought to be a moze discrete moderacion, than in wine, considering that beyng good and dronke in due time and measure, it not only conserueth naturall and radicall moisture, whereby life endureth, but also it helpeth the principal members, which belong to digestion, to do their office: on the other part, beyng yll or corrupt, or taken out of order and measure, it doth contrary to al the premisses. besides that, it transfourmeth a man or woman, making theim beastly. Moze of the qualities of wine shall be touched hereafter in the order of diete.

Of Mylke. Cap. 20.

Mylke is compact of three substances, creame, whay, and cruddes. The moste excellent milke is of a womā. The milke of a cow is thickest, the milke of a camel is most subtil, the milke of a goate is betweene cowe mylke, and camell mylke. Ewes milke is betwene cowe mylke and asses mylke. Also the mylke of beastes feedyng in large pastures, and out of Fennes and Barthes, is better than of them

them, whiche be fed in littel closes, or in watrle groundes. In spryng time milke is most subtil, and milke of yong beastes is holssomer than of old. To children, old men, and to them, which be oppressed with melancoly, or haue the fleshe consumed with a feuer, ethicke milke is conuenient. And generally to al them, which do not fele the milke rise in their stomakes after that thei haue eaten it: & in those persons, it doth easily purge that, whiche is in the bealy superfluous. And afterward it entereth into the veynes, and byngeth good nourishment. Who soeuer hath an appetite to eate or drinke milke, to thentent that it shall not arise or abraide in the stomak, let him put into a vessel, out of the which he wil receiue it, a fewe leaues of mynte, sugar, or pure honie. And into that vessel cause the beast to be milked and so drinke it warme from the vdder, or els let hym doe as Paulus Aegineta teacheth, that is to saie, boile first the milke with an easie fier, and seethe it after with a hotter fier, and skym it clene, and with a sponge draped in colde water, take that clene away, which would be burned to the vessell, than put to the milke salt and suger, and stire it often. Moreover milke taken to purge melancholie, would be drunke in the moornyng abundantly new milked, as is before written. And he that drinketh, should absteyne from meate, and exercise, vntill the milke be digested, and haue somewhat purged the bealy. For wth labour it becommeth sowre: and therefore it requieth rest and watche, or to walke very softly. Finally, where men and women

Oribasi^o
de conui
ctione
ciborum
Lib. 3.

The seconde

be vsed from their childhood, for the more part;
to mylke, and to eate none oz littell other meat,
but mylke and butter, thei appere to be of good
complexion and facion of body, and not so mu-
che vexed with sicknesse, as thei whiche drinke
wyne oz ale, not withstandinge muche vse of
mylke in men sanguine oz choierike, dooeth in-
gender the stone.

Of ale, biere, cydze, and whay. Cap. 21.

I Can neither here nor reade, that ale is made
and vsed for a common drinke in any other
countrei, than England, Scotland, Ireland
and Poyle. The latine word *Ceruisia*, is in-
different as well to ale as to biere. If the coyne
be good, the water holsome and cleane, and the
ale oz biere wel and perfittly brewed and clesed,
and by the space of .vi. daies oz more, settled and
defecate, it must needes be a necessary and con-
uenient drinke, as well in sicknesse as in helth:
consideryng that barley corn, wherof it is made,
is commended, and vsed in medicine, in al par-
tes of the world, and accompted to be of a sin-
guler efficacie in reducyng the body into good
temper, specially whiche is in a distemperature
of heate. For what auncient phisicion is there,
that in his woorkes commendeth not ptylane,
whiche is none other than pure barley braid in
a moztze, and sodden in water, the same thyng
is small and cleane ale oz biere, sayyng that per-
chance, the dryyng of the malte is cause of more
drythe to be in the ale, than in ptylane. And the
hoppes in biere maketh it colder in operacion.
But so say as I thinke, I suppose, that neither
ale

ale nor beere is to be copared to wyne, consideryng, that in them doe lacke the heate and moy-
sture, whiche is in wyne. ffor that beyng modes-
rately vled, is mosse lyke to the naturall heate
and moisture of mans body. And also the licour
of ale and hieere, byng moze grosse, do ingender
moze grosse vapours, & corrupt humours than
wyne doth, beinge dryke in like excelsse of quantitee.

As for Cyder may not be good in any condis-
tion, consideryng (as I say) that all frutes do
ingender yll humours, and doe coole to muche
naturall heate: but to them, whiche haue abun-
dance of redde choler, moderately vled, it some-
what profiteth in mitigacion of excessiue heate.
But who that will diligently marke in the coun-
treis, where cyder is vled for a common drinke,
the menne and women haue the colour of their
vylage palled, and the skinne of their vylage
rueled, although that they be yong.

Whay, if it be left of the butter, beyng wel or-
dered, & not dronke, vntil it haue a thicke curd of
milke ouer it, like to a hatts, is a right temperate
drinke, for as much as by the vntuositee of the
butter, wherof the whey reteineth som porciō, it
is both moist and nourishing, & clenseth the brest,
and by the subtilnes of it self, it descendeth sone
from the stomacke, and is shortly digested. Also
by reason of the affinitie, whiche it hath with
milke, it is conuertible into blud and fleshe, spe-
cially in those persons, whiche do inhabite the
north partes, in whom naturall heat is conglu-
tinate, & therfore is of moze puissaunce & vertue
in thoffice of concoction. Also custom fro child-

If ill

hode,

The second

hoode dooeth eleuate the powce of meates and
drinkes in their disposicion, notwithstanding
that the.iiii. humours, sanguine, choler, fleume
and melancholy, must also be considered, as it
shall appere in diuers places hereafter.

Of Honye. Cap. 22.

Hony as well in meat as in drinke is of in
cōparable efficacy, for it not only cleaseth
altereth and nourisheth, but also it long
time preserueth that vncorrupted, which
pli. li. 22 is put into it. In so muche as Plinie saith: su-
che is the nature of honie, that it suffred not the
bodies to putrefie. And he affirmeth, that he did
see an Hippocentaure (whiche is a beaste halfe
man, halfe horse) brought in hony to Claudius
the emperour, out of Egypt to Rome. And he
tellethe also of one Pollio Romulus, who was
aboue a hundred yeares olde, of whom Augus-
tus the emperour demaunded, by what meanes
he liued so long, and reteyned still the vigour
or liuelinesse of body and minde: Pollio answer-
ed, that he did it inwarde with meade (whiche
is drinke made with hony and water) outward
with oyle. Whiche sayng agreeth with the sen-
tence of Democritus, the great Philosopher:
who beyng demaunded, howe a manne myght
lue long in health, he answered: If he weete
him within with hony, without with oyle. The
same philosopher, whan he was a hūdzd yeres
olde and nine, prolonged his life certain daies
with the euaporacion of honie, as Aristoxenus
writeth. Of this excellent matter, moſte won-
derfully wrought & gathered by the littell Bec,

as wel of the pure dewe of heuē, as of the most subtil humout of swete and vertuous herbes & flouers, be made likoꝝ scōmodious to mankind, as meade, metheglin, and oximel. Meade which is made with one parte of honie, and foure tymes so muche of pure water, an boyled vntille no skimme do remaine, is much commended of Galene, drunke in sommer, for p̄seruinge of healt̄h. The same authoꝝ alwaye commendeth the vsing of hony, epyther rawe eaten with fine breade somewhat leuened, oꝝ sodden, and receyued as drinke. Also meade perfectly made, cleanseth the brest and lunges, causeth a man to spyt easely, and pisse abundantly, and purgeth the bealy, moderatly. Metheglin, which is mooste vsed in wales, by reason of hot herbes boyled with honi, is hotter than meade, and moze comforteth a cold stomake, yf it be perfectly made and not newe oꝝ very stale. Oximel is, where to one parte of vineger is put dowble so much of hony, foure times as much of water, and that beyng boyled vnto the thirde parte, and cleane skimmed with a fether, is vsed to be takē, wher in the stomak is much fleume oꝝ matter vndigested, soo that it be not red choler. Take the vse therof in Alexā: otralliano. Many other good qualities of hony I omit to writ of, vntil sum other occasion shal happen, to remember thein p̄ticularly, where thei shal seme to be profitable.

Suger. Cap. 23.

Of Suger I do find none auncient authoꝝ of Grekes oꝝ latines, to write by name, but onely Paulus Aegineta, who saith in

Libr. 4.
de tuens
da sanita
te

The second

In this wise, after that he hath treated of hony,
Moreouer sugar, which thei call honie, that is
brought to vs from Arabia, called Felix, is not
so swete as oure honie, but is equal in vertue, &
doth not anoy the stomake, nor causeth thyrst.
These be the wordes of Paulus. It is now in
daylye experience, that sugar is a thyng verye
temperate and noorisshing, and where there is
choler in the stomak, or that the stomak abhor-
reth hony, it may be vsed for hony in al thinge,
wherin honi is required to be. With suger and
vineger is made syrope acetose.

¶ Of tyme. Cap. 24.

Wynter.

In the consideration of tyme, for takyng
of meates and drynkes, it is to be remem-
bered, that in wynter meates ought to bee
taken in great abundāce, and of a more grosse
substance than in sōmer, forasmuch as the exte-
rior ayre, which cōpasseth the body beyng cold,
causeth the heat to withdraw into the iner par-
tes, where being inclosed, & gathered nigh togis-
ther in the stomake and entrailes, it is of more
force to bolle & digest that, which is receued into
it. Also meates roasted, are than better than sod-
den, and fleshe and fish powdred, is than better
than in sommer. herbes be not then cōmēdable,
specially raw, nether frutes, except quinces ro-
sted or baked. Drink shuld be than takē in littell
quātitie. Moreouer wines shal nede no water,
or very lttel, and that to cholerike persones: and
wines, & thei which be thicke and swete, may be
than most surely taken of the, which haue none
oppilacions, or the stone, alway remembre that

In winter fleume increaseth by resone of rayne and moystnes of the season, also the lengthe of nyghtes and muche rest. And therfore in that time cholerik persons ar best at ease, semblably are yong men, but to old men winter is enemy. It beginneth the. viii. day of Nouember, and endureth vntil the. viii. day of February.

The sprynge tyme dothe participate the fyrst parte with winter, the latter part with Sommer. Wherfore yf the fyrst parte be colde, than shall the dyete be accordynge to wynter. If the ende be hotte, than shall the dyet be of sommer. If bothe partes be temperate, than shuld there be also a temperance in diete: alwaye consyde ryng, that fleume yet remaineth, & bloud than increseth. And meate wolde be lesse in quantitee than in winter, and drynke somewhat more.

Sprynge tyme begynneth the. viii. dave of February, & continueth vnto the. viii. day of May. In Sommer the inward heat is but lytel, & the stomake doth not digest so strongly nor quicly, as in winter, wherfore in that season, eatynge often, and a littel at ones, is moost conuenient.

And Damascenus saythe, that fastyng in sommer dyeth the bodie, maketh the colour salow, ingendyeth melancoly, and hurteth the sight, also boyled meate, breadde steeped in white broth, with sodden lettyse, or cycope, are than good to be vsed. also varietie in meates, but not at one meale, potages made with cold herbes, drynke in more abundance, wyne alaid with water, to hot complexions much, to colde natures lasse.

In this season bloud increaseth, and towarde the

Gal.in
commēt
in apho.
2. libri.3

Sprynge
tyme.
Hippo-
crates de
natura
humana.

Gal.cō
aphor 18
libri.i.
sommer.

Hippocr
tes dehu
moribus

The second

Cal. in
commēt
in apho.

the ende therof, choler. And therfore thei, which be colde of nature and moyst, are than beste at ease, hotte natures and dry warlike: Moreover, childzen, and very yonge men in the begynnyng of sommer, are holest, old folke in the later end and in haruest. Sommer beginneth the. viii. day of may, & cōtinueth vntil the. viii. day of August. Autumne beginneth the. viii. day of August, and endeth the. viii. day of Nouēber, that season of the yere is variable, & the aire changable, by occasion wherof, happen sondry sicknessis, blod decreseth, & melancoly aboundeth: wherfore al sommer frutes wold thā be eschewed, for as much as they make til iuyce and wyndes in the body. In this tyme meate wolde be moze abundant than in sommer, but sō what drier: drink must be lesse in quantitee, but laste mixt with water. This tyme is dangerous to all ages, al natures, and al countrys, but the natures hotte and moyst be lest indamaged.

Diete concernyng sondry tymes of the yere
writen by the olde phisicion Diocles
to kynge Antigonus.

From the. xii. day of December, at the whiche tyme the day is at the shorrest, vntil the nyynth day of Marche, which doo conteyne lxxx. dayes, humes and moystures do encrease, than meates and drynkes naturally very hote wolde be moderately vsed. Also to drinke abundantly wine without alay or with litel water, and to vse liberally the company of a womā, is not vnholseme to the body.

From the nyynth daye of marche, at whiche tyme

tyme is Equinoctiū vernum, vnto the .xxv. day of apryll, swete fleume and bloude do increase: therfore vse thou thynges haupng muche iuyce and sharpe, exercyse the body diligently, than may ye vse safely the company of a woman.

¶ From the .xx. day of Apryll, to the .xiiii. day of June, Cholcr increaseth, than vse al thynges that are swete, & do make the bealy soluble, for beare carnall company with women.

¶ From the .xiiii. day of June, at whiche tyme the day is at the lēgest, vnto the .xii. day of September, with melancoly reigne, forbear carnall company, or vse it moderately

¶ From the .xii. day of September, vnto the .xvii. day of October, dooe abound fleume and thynne humours, than wold all fluxes and dysstillations be prohibited, than all sharp meates and drynkes and of good iuice, are to be vsed, and carnal occupacion shuld than be eschewed:

¶ From the .xvii. day of October, to the .xii. day of December, increaseth grosse fleume, vse therfore all bytter meates, sweete wines, fatte meate, and muche exercise.

¶ Of Ages. Cap. 25.

Children wold be nourished with meates and drynkes, whiche are moderately hot and moyste, not withstanding Galene doeth prohibite theym vse of wyne, because it moysteth and heateth to muche the body, and colleteth the heades of them, which are hotte and moist with vapours. Also he permitteth them in hot wether to drinke clere water of the fountein.

A chyld

Children

Gal. de
tuen. san.
lib. i.

The second

Oribasius
us de vir
tute simp
lib.i.

A childe growing fast in his meynes toward
a man, so that he semeth well fedde in the body,
is than to be feared of fulnesse of humors, and
if it be perceyued, that he is replete, than must
be withdrawen and minished some part of that
nutriment, and according vnto his age, some es
nacuation wold be deuised, other while by exer
cise, walkyng vp and downe fastyng, and be
fore that thei eate any meate, lette them exercise
them selves with their own labors: and do theire
owne accustomed busines, and eate the meates
wherunto thei be most vsed, so that it be suche,
that may not hurt them. And this nede thei not
to know of physicians, but by experience and di
ligent serche by their skool, their noyces shall
perceiue what digesteth wel, & what doth not.

But if it appere that by excessive fedynyng the
bealy of the child is fuller and greater than it
was wont to be, and that which passeth by the
bealy, is corrupted, or his sweate synketh, these
thynges knowen, if they eate stronge meates,
geue the not one kind of meate, but diuers, that
the noueltie of the meate may helpe, that they
may gooe more easily to the skool: For if any
haue an vnreasonable appetite, he is soner reco
uered, if he be purged by a boile or impostume
comen forth and broken, before that the meate
be corrupted, and after that lette hym eate fyne
meates: and beyng once hole, retourne by littel
and lyttel to his old custome.

pong mē

Vongc men, excedyng the age of. xliiij. yeres,
shal eate meate more grosse of substance, colder
and moyster, also salades of colde herbes, and

to drinke seldome wyne, except it be alayd wth
water. Al be it, al these thinges must be tempered
accozdyng to their complexions, exercise and
quietnes in luyng, wherof ye shal rede in theyr
propre places hereafter. Old men, in whom na
tural heate & strength semeth to decay, shuld vse
alway meates, whiche are of qualitie hotte and
moyst, and therewithall easy to be digested, and
absteine vtterly from al metes & drinckes, which
wil engendze thicke iuyce and slimy, semblably
from wine, which is thick, swete, and dark red
wines, and rather vse them, whiche will make
thin humours, and wil purge wel the blud by v
rine, therfore white oz yelow wyne, and per
chance frenche claret wines are for them very
commendable. Also wine prepared wth pure
hony clarified, wherin rootes of persly oz fenel
be steeped, specially if thei suspect any thyng of
the stoone oz goutte. And if they more desyre to
cense their raines and bladder: than it is good
to vse smal white wine, as raked renish wine,
oz other lyke to it. And somtyme to stepe ouer
night therein a persely roote slyt, and somewhat
bruyed, and a lytel lyhorice. Fynally, let theim
beware of all meates that wyl stoppe the po
res, and make obstructions oz opilacions, that
is to say, with clammy mattier stoppe the pla
ces, where the naturall humours are wrought
and digested, the whiche meates I haue before
sette in a table. But if it chaunce them, to eate
any suche meate in abundance, lette them take
shortly suche thynges, as do resyst opilacions,
oz resoluethem. As whyte pepper, bruyed and
myrto

Old men

Paulus
Egineta
lib.i. cap
.23

Opilati
ons what
they are.

The second

myet with theyr meates oz drynke, galyke also oz onyons, if thei abhorre them not. Alway remember that aged men shuld eat oftē, and but lyttell at euery tyme, for it fareth by them, as it doth by a lampe, the light wherof is almost extyncte, whiche by pouryng in of oyle littel and littell, is longe kept burnyng: and with muche oyle pured in at ones, it is cleane put out. Also they muste forbear all thynges whiche doe increase melancoly, whereof ye shall reade in the table befoze: and breadde cleue without leuen, is to them vnholosome.

Moderation in diete, hauing respect to the strength oz weaknes of the person. La. 26.

Now here it must be considered, that although I haue writtē a general diete for euery age, yet neuerthelesse it must be remembered, that some chyldzen and yong men, ether by debilitie of nature, oz by some accydental cause, as sickness, oz muche study, happen to gather humours fleumatike oz melācoly in the places of digestion, so that cōcoction oz digestiō is as weake in thē as in those which are aged. Semblably some old men fynde nature so beneficiall vnto them, that theyr stomakes and liuers are more stronge to dygest than the saied yonge men, some perchaunce haue much choicer remeynyng in them. In these cases the saied yonge men must vse the dyete of old menne, oz nygh vnto it, vntyll the dyscrasy be remoued, hauing alway respect to theyr vniuersall complexions.

plexions, as they whiche are naturally cholericke to vse hotte thynges in a more temperance than they, whiche be fleumatike, or melancholically by nature. The same obseruacion shall be to olde men, sayng that age, of his own propertie is colde and drie, therfore the old man, that is cholericke, shall haue more regard to moisture in meates, than the young man beyng of the same complexion. Forseen alway, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moisture, moisture by drythe. In that whereby nature should be nourished in a hote and temperate body, thynges must be taken, whiche are lyke to the mans nature in qualitie and degree. As where one hath his bodie in a good temper, thynges of the same temperance doeth nourish the hym. But where he is out of temper, in heate, colde, moisture or drythe, temperate meates or drinckes nothyng do profite him. For beyng out of the meane and perfit temperature, nature requireth to be therto reduced by contraries, remembering not onely, that contraries are remedie vnto their contraries, but also in euery contrary, consideration must bee had of the proportion in quantitee.

Hippoc.
aphor.
galen. in
cōmen.

Tymes in the daie concernyng
meales. Cap. 27.

Besides the tymes of the yeare, and ages, there be also other tymes of eatyng and dysalyng to be remembred, as the sondrie

¶ 1 tymes

The seconde

times in the daie, whiche we call meales, which are in numbze and distaunce, accoꝝdyng to the temperature of the countreie and person. As where the countrei is cold, and the person lusty, and of a strong nature, there may mo meales be vsed, oꝝ the lesse distaunce of time betwene them. Contrariwysse in contrarie countreies and personages, the cause is afoze rehearsed, where I haue spoken of the diet of the times of the yere, not withstanding here must be also consideration of exercise and rest, whiche do augment oꝝ appeire the naturall disposition of bodie, as shalbe moze declared hereafter in the chapter of exercise. But concernyng the generall vsage of countreis, and admyttyng the bodie to the perfect state of health, I suppose that in England yong men, vntill they come to the age of .xl. yeres, may well eat thye meales in one daie, as at breakfast, dyner, and supper, so that betwene breakfast and diner, be the space of .iiii. houres at the lest, betwene diner and supper, .vi. houres, and the breakfast lesse than the dyner, and the diner moderate, that is to saie, lesse than sacietee oꝝ fulnesse of bealy, and the dyyncke therevnto measurable, accoꝝdyng to the drynesse oꝝ moistnesse of the meate. For muche aboundaunce of dyynke at meale, drowneyth the meate eaten, and not onely letteth conuenient concoction in the stomacke, but also causeth it to passe faster then nature requireth, and therfoze ingendzeth muche flume, and consequently reumes, and cruenes in the veynes, debilittee and slippernesse of the stomacke, continuall fluxe, and many o-
ther

ther inconueniences to the bodie and members.

But to returne to meales, I thinke breakefastes necessary in this realm, aswel for the causes befoze reherfed, as also for asmuch as choler be-
 yng seruēt in the stomake, sendeth vp fumes vnto the brayn, & causeth hed ach, and somtime becometh adust, and smouldyeth in the stomake, wherby hapneth perillous sicknesses, and somtyme to deie in death, if the heat inclosed in the stomake haue not other conuenient matter to worke on: this daily experience proueth, and natural reason confirmeth. Therefore men and women not aged, haupng their stomakes cleane without putrified matter, sleppng moderately and soundly in the nyght, and feeling them selfe lyght in the mornng, and sweete breathed, let them on goddes name breake their faste: Cholerike men with grosse meate, men of other complexions with lighter meate: forseen, that they labour some-
 what befoze: semblably their diner and supper, as I haue befoze witten, so that they slepe not incontinent after their meales. And here I will not recite the sentences of authoys, whiche had neuer experience of englishe mennes natures, or of the iuste temperature of this realme of Eng-
 gland, only this counsell of Hippocrates shall be sufficient. We ought to graunt somewhat to
 tyme, to age, and to custome: notwithstanding
 where great werinesse or drythe, greueth the bo-
 die, there ought the diner to be the lesse, and the
 lenger distance betwene diner and supper. Also
 muche reste, except a littell soft walkyng, that
 by an vpright mouyng the meate beyng sypred

Breakfast

Hipp. ap-
 hor. 18.
 lib. 1.

Galē. de
 tuenda
 sanitate.

The seconde

mate descend. This is alway to be remembred,
that where one feelth hym self full, and greued
with his dyner, or the sauour of his meate by e-
ructaciō ascēdeth, or that his stomake is wcake
by late sickenesse or muche study, than it is most
conuenient to absteyne from supper, and rather
prouoke hym selfe to sleepe muche, than to eate
or drinke any thyng. Also to drinke betweene
meales, is not laudable, except very great thurst
constraineth: for it interrupteth the office of the
stomake in concoction, and causeth the meat to
passe faster than it should do, and the drinke be-
yng cold, it rebuketh natural heate that is wor-
kyng, and the meate remainyng rawe, it corrup-
teth digestion, and maketh crudenesse in the
veynes. Wherfore he that is thirsty, let him con-
sider the occasion. If it be of salt flegme, let him
walke fayre and softly, and onely washe his
mouthe, and his throte with barley water, or
smalle ale, or lye downe and sleepe a litel, and
so the thyrste will passe awaie, or at the least be
well allwaged. If it happen by extreme heate of
the ayre, or by a pure choler, or eatyng of hotte
spices, let him drinke a littell iulep made with
cleane water and sugar, or a littell small biere
or ale, so that he drinke not a great glutte, but
in a littell quantitee, let it still downe softly into
his stomake, as he sitteth, and than let hym not
moue suddenly. If the thyrste be in the eueryng
by eatyng to muche, and drinkyng of wyne,
than after the opinion of the best lerned phys-
icions, and as I my self haue often experienced,
the best remedie is, if there be no feuer, to drinke
a good

a good draught of colde water immediately, or els if it be not pynfull for him to vomite, to prouoke him therto with a littel warme water, and after to washe his mouth with vineger and water, and so to sleepe long and soundly, if he can. And if in the mornynge he feele any fumosities risynge, than to drinke iulep of violetttes, or for lacke therof, a good draught of very smalle ale or biere somewhat warmed, without eatynge any thyng after it.

Of diuersitee of meates eaten, vvhetherby health is appaired.

Cap. 28.

NOW let this be a generall rule, that sondrie meates, beeyng diuers in substance and qualitte, eaten at one meale, is the greatest enemy to helth that may be, and that which ingendreth most sicknesses, for some meates beeyng grosse & hard to digest, some fine and easy to digest, do require diuers operaciōs of nature, and diuers temperatures of the stomake, that is to say, muche heate and temperate heate, whiche maie not be togither at one tyme. Therfore whan the fyne meate is sufficiently boyled in the stomake, the grosse meat is rawe, so both iuyces, thone good and persite, thother grosse and crude, at one tyme digested, and sent into the beyues and body, nedes must helth decrease, and sicknesses be ingedged. Likewise in diuers meates being of diuers qualities, as where some are hotte and moist, some cold and moist,

The second

Some hotte and drie, some colde and drie, according to the nature of the body, which they make in the body. And lyke as betwene the said qualitees is contrarietee, so thereby shall be in the body an vnequall temperate, for as much as it is not possible for man to esteeme so iuste a proportion of the qualitees of that, which he receiveth, that thone shall not exceede thother in quantitee. Wherefore of the said vnequall mixture, nedes must ensue corruption, and consequently sickness. And therefore to a hole man, it were better, to feede at one meale competently on verie grosse meat only, so that it be swete, and his nature do not abhorre it, than on diuers fine meates, of sundrie substance and qualitees. I haue knowne and seene olde men, and olde women, which eatyng only biefe, baken, cheefe, or curdes, haue continued in good health, whom I haue proued, that whan they haue eaten sondrie fyne meates at one meale, haue sone after felt themselves greued with frettynges and head ache, and after that they haue been hole againe, there hath been geuen to them one kynde of lyght meate, they haue dooen as well therewith, as they were wont to do with grosse meates, whan they ate it alone, which proueth to be true that which I haue reherced. And it is good reason, for after the generall opinion of philosophers and physicians, the nature of mankynde is best contented with thinges most simple and vnmixt, all thinges tending to vnitie, wherein is the onely perfection. Also it is a generall rule of physike, that where a sickness may be cured with simples, that

that is to say, with one onely thyng, that is mes-
dicinable, there should the phisicion geue no co-
pounde medicine myrte with many thynges.
These thynges considered, it maie seeme to all
men, that haue reson, what abuse is here in this
realme in the cōtinuall gourmandise and daily
fedying on sondrie meates at one meale, the spi-
rite of gluttony, triumphyng among vs in his Glutton-
glorious chariot, called welfare, dryuynge vs nie.
afore hym, as his prisoners, into his dūgeon of
Surfet, where we are turmented with catarrhes,
feuers, goutes, pleuresies, frettyng of the gut-
tes, and many other sicknesses, and finally cru-
elly put to death by them, oftētimes in youth, oz
in the most pleasant tyme of our lyfe, whan we
wold most gladly liue. For the remedy wherof,
how many tymes haue there been deuised ordi-
nauces and actes of counsaile, although per-
chance bodily health was not the chiefe occasi-
on therof, but rather prouision against bayne
and sumptuous expenses of the meane people.
For the nobilitie was exēpted, and had libertee
to abide still in the dungeon, if they would, and
to liue lesse whyle than other men: But whan,
where, and how long were the saied good de-
uysses put in due execucion, for all that thereof
shuld succede double profite, that is to say, helth
of body, and increse of substance, by eschewyng
of superfluous expenses in sundry dishes: Alas
howe long wyll men fantasie lawes and good
ordinaunces, and neuer determine them. Fan-
tasie procedeth of witte, determination of wils-
dome, witte is in the deuilyng and speakyng,

The second

but wisdom is in the perfourmance, which respecteth only in execution. Here I haue almost forgotten, that my purpose was to write of the order of diete, and not of lawes: but the feruent loue that I haue to the publique weale of my countreie, constrained me to digresse somewhat from my matter: but now will I procede forth to write of order, whiche in taking of meates and drinckes, is not the least parte of diete.

Of order in receiuyng of meate and drinke. Cap. 29.

Herbes as well sodden, as vn-sodden, also fruite, whiche do mollifie and loose the bealy, ought to be eaten before any other meate, except that sometime for the relieffing of fumosities, rising in the heade by muche drincking of wyne, rawe lcttise, or a cold appull, or the iuyce of oranges or lymons may be taken after meales in a litle quantite. Bozouer all brothes, mylk, eere egges, and meates whiche are purposely taken to make the bealie soluble, would first be eaten. All fruite and other meates, that are stiptyke or bindyng, wold be eaten last after all other. Fruite confectionate specially with hony, ar not to be eten with other meates. But here it is to be diligently noted, that where the stomacke is cholerike and strong, grosse meates wold be first eaten, where the stomacke is colde or weake, there would fine meates be first eaten: for in a hot stomacke, fyne meates are bourned, whyle the grosse meate is digestlyng.

digeffyng. Contrary wife in a cold stomake, the
 littell heate is fuffocate with groffe meate, & the
 fyne meate left raw, for lacke of concoction;
 where if the fyne meate be firft taken moderatly;
 it ftereth by and com'orteth natural heate, and
 maketh it moze able to concoct groffe meates if
 thei be eatē after ward: fo that it be but in smal
 quātity: not withftandynge, as I late affirmed,
 one maner of meate is moſte ſure to every com-
 plexion, for ſene that it be alway moſt cōmonly
 in cōformitie of qualities, with the perſon that
 eateth. Moreouer take hede that ſlipper meates
 be not fyrſte eaten, leſt it draw with it to haſtily
 other meates, & thei be digeſted, noz that ſtipitiſh
 oz reſtraining meates, be takē at the beginning
 as quynceſ, pearceſ, and medlars, leſt they may
 let other meates, that they diſcende not into the
 bottom of the ſtomake, where they ſhuld be di-
 geſted: not withſtāding the cōfection made with
 the iuyce of quynceſ, called Darytoniteſ, taken
 two houres afore dinner oz ſupper, is cōmeded
 of Galene, and other, for reſtozing appetite, and
 making good concoction. Alſo cōcerning drink **Drinkat**
 at meales, it wolde not be afore that ſomwhat **meales.**
 were eaten. And at the beginning the drink wold
 be ſtrongerſt, & ſo toward the end moze ſmal, if it
 be ale oz bere, & if it be wyne moze & moze alaid
 with water. And after the better opiniō of phis-
 ſitions, the drinke wold rather be mixt with the
 meate by ſondry litel draughtes, than with one
 gret draught at the end of the meale, for the mix-
 ture tempzeith wel the meate without annoi-
 a, a gret draught with much drink, draweth the
 G b meate,

The second

meate, rebuketh naturall heate, that than woꝝ
keth in cōcoction, and with his weight driueth
downe the meate to hastily. Hotte wynes and
Sweete, oꝝ confectioned with spyes, oꝝ very
strong ale oꝝ biere ar not conuenient at meales,
foꝝ the meate is by them rather corrupted than
digested, and thei make hotte and stinkyng va-
pours ascend vp to the braines. Albeit if the sto-
make be very windie, oꝝ so cold and feble, that
it can not concoct suche a quantitie of meat, as
is required to the sufficient nourishment of the
bodie of hym that eateth, oꝝ hath eaten raw her-
bes oꝝ fruites, wherby he feeleth some annoiance,
than may he drinke laste incontinent after his
meale, a littell quantitee of secke, oꝝ good aqua
uite in small ale, but if he haue muche choler in
his stomake, oꝝ a head full of vapours, it were
muche better, that he did neither drinke the one,
noꝝ the other, but rather eate a littell colliander
seede prepared, oꝝ a piece of a quince roasted, oꝝ in
a marmelade, and after rest, to amend the lacke
of nature with slepe, moderate exercise, & play-
sters pꝛouided foꝝ comfoꝛtyng of the stomacke.
And here will I leaue to write any moꝝe of the
diete in eatyng and drynkyng, sayyng that I
would, that the readers should haue in remem-
brance these two counsailes. First, that to an
hole man, to pꝛecise a rule is not conuenient in
diet, and that the diseases, which do happen by
to muche abstinence, are woꝝse to be cured, then
thei whiche come by replecion. And Cornelius

Cor. cel.
li. i. ca. i.
Idē. ca. 2.

Celsus saith, A man that is hole & well at ease,
and is at his libertie, ought not to bind him self
to

to rulesoz nede a phisicid: but yet where the stoz
make is feble, as is of the moze part of citezens
and well nigh al thet that be studio^r in lernyng
oz weighty affayres, there ought to be moze cir-
cumspedition, that the meat may be such, as that
either in qualitee oz quantitee, nature tryng but
feble, be not rebuked oz to muche oppressed.

of slepe and vvatche. Cap. 30.

The commoditee of moderate slepe, appe-
reth by this, that naturall hzate, whiche
is occupied about the matter, wherof pro-
cedeth nourishment, is cōforted in the pla-
ces of digestion, and so digestiō is made better,
oz moze perfit by slepe, the body fatter, the mind
moze quiete and clere, the humours temperate:
and by muche watch all thyng^s happen contras-
te. The moderacion of sleepe must be measu-
red by health and sicknesse, by age, by tyme, by
emptinesse oz fulnesse of the body, and by natu-
rall complexions. First to a hole man, hauyng
no debilitie of nature, and digestyng perfectly
the meat that he eateth, a littell slepe is suffici-
ent: but to them, whiche haue weake stomakes,
and doe digest slowely, it requireth, that slepe
be muche lenger. Semblable temperance is requi-
red in youth and age, winter and sommer. The
body beyng full of yl humours, very littell slepe
is sufficient, except the humours be crude oz raw,
for than is slepe necessary, whiche digesteth the
better than labour. Semblably where the body
is long emptie, by long sicknesse oz abstinence,
slepe comfōrteth nature, as wel in the principal
membres

The second

members, as in all the other. Also regarde must be had to the complexion, for they that are hot and do eate litell, and degeste quychely, a littell slepe scrueth, specially to choleric personnes, for in them much slepe augmenteth heate, more than is necessary, wherby hot fumes and inflammations are often ingendred, and sometyme the naturall choler is adust or putrified, as experyence teacheth. *flumatik* persons are naturally inclined to slepe: and bicause they ingender more the humours, they require more slepe than can gayne or choleryck. Persones hauing naturall melancoly, not proceeding of choler adustre, doo require very muche sleape, which in them comforteth the powers animal, vital, and natural, which ye may find writen in the tables pceding, Sleape wolde be taken not immediatly after meales, and befoze that the meate is dyscended from the mouth of the stomacke. For therby is ingendred petres and noyse in the healy, and digestion corrupted, and the sleape by y vapours, ascending, made ynquiete and troublous. more ouer immoderate slepe maketh the body apt vnto palseis, apoplexis, falling sicknes, retumes, & impostumes. Also it maketh the wyttes dull, and the bodye slow and vnapt to honest exercise. Semblably immoderate watche dzieth to much the body, and both debilitate the powers animal, letteth digestion, and maketh the body apt to consumpcions. Wherfoze in these two thynge, as well as all other, a diligent temperance is to be vsed, the moderacio is best coniectured (for it is harde perfectly to know it) by the
sense

sensible lightnes of al the body, specially of the
brayne, the browes, and the eyes, the passage
downe of the meate from the stomake, the wyll
to make vrine, and to go to the stoole, contrary
wise, heuines in the body & eyes, and sauour of
the meate before eaten, signifieth that the sleape
was not sufficiēt. Thei that are hole must slepe
first on the right side, because the meate may ap
proche to the lyuer, which is to the stomake, as
fyre vnder the potte, and by hym is digested. To
them, which haue feeble dygston, it is good to
slepe prostrate on theyr bealies, or to haue their
bare hand on their stomakes. Lying vpright on
the backe, is to be vtterly abhorred.

The commoditee of exercise, and the tyme
vvhā it shuld be vsed. Cap. 31.

Euery meuyng is not an exercise but onely
that which is vehement, the end wherof, is
alteraciō of the breath or wind of a man.
Of exercyse do procede two commodities, euas
cuation of excremētes, and also good habite of
the body. for exercise beyng a vehement mo
tion, thercof nedes muste ensewe hardeneste of the
members, wherby laboz shal the lesse greue, and
the body be the more strong to labour. Also ther
of commeth augmentacion of heate, wherby
happeneth the more attraccion of thynges to be
dygessed, also more quicke alteracion, and bet
ter nouryschyng. Whoreouer, that all and syn
guler partes of the bodie, bee therewith some
what humected. Whereby it happeneth, that
thynges

The second

Cor. cel.
lib. 1.

Lib. 2. de
tuenda
sanitate.

thynges harde be mollified, moiste thynges are extenuate, and the pores of the bodie are moze opened. And by the violence of the breathe or wynde, the pores are clenfed, and the fylthe in the bodie naturally expelled. This thyng is so necessary to the pzeferuacion of helth, that with out it, no man maie be long without sicknesse, whiche is affirmed by Cornelius Celsus, say- yng, that sluggishnes duileth the bodie, labour dooeth strength it, the fyrst bringeth the incom- modities of age shortly, the last maketh a man long tyme lustie. Not withstandyng in exercise ought to be fowze thynges diligently conside- red, that is to saie, the tyme, the thynges pzece- dyng, the qualitee, and the quantitee of exercise. ¶ First as concernyng the time conuenient for exercise, that it be not whan there is in the sto- make or bowelles great quantitee of meat not sufficiently digested, or of humours crude or rawe, least therby peryll mought insue by con- ueyauce of theim into all the membyes, befoze those meates or humours be concocte or boyled sufficiently. Galene saieth, that the tyme mozte conuenient for exercise is, whan be the the first and seconde digestion is complete, as well in the stomake, as in the veynes, and that the time appochoeth to eate eftsones. For if ye doe exer- cise sooner or later, ye shall either fyl the bodie with crude humors or els augment yelow cho- ler. The knowlage of this tyme is perceiued by the colour of the vrine, for that whiche resema- bleth vnto clere water, betokeneth that the urice whiche commeth from the stomacke, is crude in the

the veynes: that whiche is well coloured, not to high or base, betokeneth that the seconde digestion is now perfect: where the colour is very high or red: it signifieth, that the concoction is more than sufficient. Wherefore when the vaine appereth in a temperate colour, not redde nor pale, but as it were gyfte, than should exercise haue his beginnyng.

Of fricasies or rubbynges prece
dyng exercise. Cap. 32.

AS touchyng thynges precedyng exercise, for asmuch as it is to be feared, lest by vehement exercise any of the excrementes of the kealy or bladder, should hastily be receiued into the habite of the bodie, by the violence of heate, kindled by exercise, also lest some thyng, which is hole, be by heuiness of excrementes or violent motion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stop the pores or cunduites of the bodie, it shall be necessary liestell and littel, by chafyng the bodie, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall insue to hym that exerciseth, no peryll of obstruction or rupture. And to bring that to passe, it shall be expedient after that the body is censed, to rubbe the body with a course linnen clothe, first softly and easily, and after to increase more and more, to a hard

Galenus
Paulus.
Orbasi.
Aetius,

The second

harde and swifte rubbing, vntyll the flesh do
swel, and be somewhat ruddy, and that not on-
ly down right, but also ouerthwart and round,
Some do vse fricasies in this forme, in the mor-
ning, after that thei haue ben at the stoole, with
their shirte sleues or bare hande, if their flesh be
tender, they do firste softly, and after ward fas-
ster, rubbe they: breste and sydes downwarde,
and ouerthwart, not touching thier stomake or
bealy, and after cause their seruant seembly
to rubbe ouerthwart their sholders and backe,
and beginning at their neckbone, and not tou-
chyng the raines of they: backe, excepte they doe
feele thyr much cold and winde, and after ward
they: legges fro the knees to the ancle: last their
armes from the elbowe to the handwrest. And
in this forme of fricasie I my self haue founden
an excellent commoditie. Old men, or they whi-
che be very drye in their bodies, yf they put to
some swete oyles, asyrinū, Nardinum, Cham-
melinum, or other lyke, myxt with a lytel swete
oyle of roses, I suppose they do wel. I wil not
here speake of oymmentes vsed in old tyme as
monge the Romaynes and Grekes, in fricasies
or rubbinges. For I suppose, that they were
neuer here vsed, and in the sayde places, thei be
also left, ones it be in palseies, or apoplexies
or agaynst the rigour, which hapneth in fiers
onely. I wil remember the sayng of Hippocra-
tes, Fricasie hath power to lowse, to bynde, to
increase flesh, and to minyssh it. For hard fri-
casies doo bynde or consolydate, soft rubbing
doth lowse or mollyfy, much doth minyssh flesh,
meane,

meane rubbing dooeth augment oz increase it.
 He that will knowe more aboundantly hereof,
 let hym reade the booke of Galene of the preser-
 uacion of helth, called in latine *De tuenda sa-*
nitate, translated moste truely and eloquently,
 out of grecke into latine, by doctour Lynacre,
 late phisicion of most woorthie memoire to our
 Soueraigne lord King Henrie the eight.
 The same matter is written more briefely of
 Paulus Aegineta, Oribasius, Aetius, and som
 other late writers, but vnto Galene not to bee
 compared.

The diuersities of exercises. Cap. 33.

The qualitee of exercise, is the diuersitee
 therof, for asmuch as therein be many dif-
 ferences in mouyng, and also some exer-
 cise moueth more one parte of the bodie,
 some an other. In difference of mouyng, some
 is slowe oz soft, some is swifte oz faste, some is
 strong oz violent, some be myxte with strength
 and swiftnesse. Strong oz violent exercises be
 these, deluyng (specially in tough clay and heuy)
 bearyng oz susteynyng of heauy burdeins, clim-
 myng oz walkyng against a steepe vpright hyl,
 holdyng a rope, and climmyng vp therby, hanz-
 gyng by the hand on any thyng aboue a mans
 reach, that his feete touch not the ground: stanz-
 dyng and holdyng vp, oz spreadyng the armes,
 with the handes faste cloased, and abidyng so
 a long tyme. Also to holde the armes stedfast,
 causyng an other manne, to assaie, to pull them
 out,

The seconde

out, and not withstanding he kepeth his armes stedfast, inforcing therevnto the synewes and muscules. Dastying also with the armes and legges: if the personnes be equall in strength; it dooeth exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kyndes of exercises, and other lyke them, do augment strength, and therefore they serue onely for young men, whiche be inclined, or be apt to the warres. Swift exercise without violence is, rennyng, playng with weapons, tenys, or throwyng of the ball, trottyng a space of grounde forward and backward, goyng on the toes, and holdyng vp the handes. Also stirryng vp and downe his armes, without plummettes. Velehement exercise is compounde of violent exercise, and swyfte, whan they are ioynd together at one tyme, as daunsyng of galyardes, throwyng of the ball, and rennyng after it: footeball playe may be in the numbre therof, throwyng of the long darte, and continewyng it many tymes, rennyng in harneys, and other lyke. The moderate exercise is long walkyng or goyng a iourney. The partes of the bodie haue sondre exercises appropried vnto them, as rennyng and goyng is the moste propre for the legges. Throwyng of the armes vp and downe, of stretchyng them out, and playng with weapons, serueth moste for the armes and shoulders, slowpyng and rising oftentymes, or lifyng great weightes, takyng vp plummettes or other lyke payles on the endes of staues, and in likewyse, lifyng vp

In euery hande a speare or morispyke by the endes, specially crosseing the handes, and to laye theim downe againe in their places: these dooe exercise the backe and loynes. Of the bulke and lunges the propre exercise is mecuryng of the breath in singyng or cryng. The entrayles, whiche be vnderneath the myddreffe, bee exercised by blowyng, either by constrainte, or playyng on shaulmes or sackbottes, or other lyke instrumentes, whiche do require muche wynde. The muscules are best exercised with holdyng the breath in a long tyme, so that he, whiche dooeth exercise, hath well digested his meate, and is not troubled with muche wynde in his bodie. Finally lowde readyng, counterfayte battayle, tenyse, or throwyng the ball, rennyng, walkyng, adde to shootyng, whiche in mine opinion exceede all the other, dooe exercise the bodie commodiously. Alwaie remember, that the ende of violent exercise is, difficultee in fetchyng of the breath. Of moderate exercise, alteration of breath onely, or the beginnyng of sweate. Moreouer in wynter, rennyng and wastelyng is conuenient. In sommer wastelyng a littell, but not rennyng. In very colde weather, muche walkyng, in hotte weather, reste is more expedient. They whiche seeme to haue moyste bodies, and liue in idelnesse, they haue neede of violent exercise. They whiche are leane and cholerike, must walke softlie, and exercise theim selfe very temperately. The plummettes, called of Galene Altres, whiche are nowe muche vsed with

Celsus. r.

The seconde

great men, beyng of equall weight, and accordyng to the strength of hym, that exerciseth, are very good to be vsed fastyng, a littell before breakfast or dyner, holdyng in euery hand one plummet, and lifyng them downe with much violence, and so he maie make the exercise violent, or moderate, after the payse of the plummettes, heuier or lighter, and with much or little labouryng with them.

¶ Of gestacion, that is to saie, vvhether one is caried, and is of an other thyng meued, and not of hym self. Cap. 34.

Pau.egi.
Actius.

There is also an other kynde of exercise, whiche is called Gestacion, and is mixte with mouyng and rest. For as muche as the body sittynge or lifyng seemeth to rest, and notwithstanding it is meued by that, whiche beareth it, as lifyng in a bedde, hangyng by cordes or chaynes, or in a cradell, sittynge in a chayre, which is caried on mens shoulders with stauces, as was the vse of the ancient Romans, or sittynge in a boate or barge, which is rowed, ridyng on a horse, whiche ambleth very easily, or goeth a very soft pace. The bedde, cradell, and chayre caried, serueth for them that are in long and continual sickenesse, or be lately recovered of a feuer. Also them, whiche haue the frenesie or letarge, or haue a lyght tertiane feuer, or a cotidiane. This exercise sweetely asswageth troubles of the mynde, and prouoketh slepe.

Nepe, as it appereth in children, whiche are roes-
 hed. Also it is conuenient for them, whiche haue
 the palsey, the stone, or the gowte. Gestacion in
 a chariot or wagon hath in it a shakynge of the
 bodie, but some vehement, and some moze soft,
 the softe serueth in diseases of the heade, and
 where any matter renneth downe into the sto-
 make and entrailes. But the vehement shakynge
 is to be vsed in the griefes of the breast and sto-
 make. Also in swellynge of the bodie and legges
 in dropsies, palseis, migraines, and scotsimies,
 whiche is an imaginacion of darkenesse: beyng
 retourned, at the end of his iourney, he must sit
 vp, and be easily moued. I haue knowen saith
 Aetius, many persons in such wyse cured with-
 out any other helpe. Nauigation or rowynge
 nigh to the lande, in a calme water, is expedient
 for them that haue dropsies, lepries, palseis, cal-
 led of the vulgar people, takynge, and franlies.
 To be caried on a rough water, it is a violent
 exercise, and induceth sundrie affections of the
 mynde, somtyme feare, somtyme hope, nowe co-
 ward hert, now hardinesse, one while pleasure,
 an other while displeasure. These exercises, if
 they be well tempered, they may put out of the
 body, all long durynge sickneses. For that whi-
 che is myrte with rest and meynge, if any thyng
 els maie, it most excellently causeth the body to
 be well nourished. Celsus doeth prohibite Ges-
 tacion, where the body feeleth peyne, and in the
 beginnyng of feuers, but whan thei cease, he al-
 loweth it. Ridyng moderately and without
 grieve, doeth corroborate the spirite and body

Celsus. 2

The second

aboue other exercises, specially the stomake, strengtheneth the senses, and maketh the more quick: Al be it to the breast, it is very noyfull. It ought to be remembred, that as well this, as all other kindes of exercise, would be vsed in a hole courtesie, and where the ayre is pure and vncorrupted. Forseen, that he that will exercise, doe go first to the scoole, for the causes rehearsed in the last chapter.

Of vociferacion. Cap. 15.

The chiefe exercise of the breast and instrumentes of the voice, is vociferacion, whiche is singeyng, redyng, or cryyng, wherof is the propertee that it purgeth naturall heate, and maketh it also subtile and stable, and maketh the membres of the bodie substantiall and strong, resistyng diseases. This exercyse would be vsed, of persons shorte wynded, and them whiche can not fetch their breath, but holding their necke streight byright. Also of them, whose fleshe is consumed, specially about the breast and shoulers. Also whiche haue had aposthumes broken in their breastes: moreover of them that are hoarse by the muche moysture, and to them, which haue quartaine feuers, it is conuenient: it looseth the humour that sticketh in the breast, and drieth by the moistnes of the stomake, whiche properly the course of the quartaine is wont to bring with hym, it also profiteth them which haue feeble stomakes, or do vomite continually, or do breake by sowpnes out of the stomake. It is good also for griefes of the

The head. He that intendeth to attempt this exercise, after that he hath been at the schoole, and softly rubbed the lower partes, and washed his handes, let him speake with as base a voyce as he can, and walkyng, begin to syng lowder and lowder, but still in a base voyce, and to take no heede of sweete tunes or armonie. For that nothing doeth profite vnto helth of the body, but to inforce him self to syng great, for thereby muske the ayre drawen in by fetchyng of breath, thrusteth forth the brest and stomake, and openeth and enlargeth the pores. By high cryng and lowde readyng, are expelled superfluous humours. Therfore men and women, haupng their bodie feeble, and their fleshe loose, and not firme, muste reade oftentimes lowde, and in a base voyce, extendyng out the wynde pype, and other passages of the breath. But not withstanding, this exercise is not vsed alwaie, and of all persons. For they, in whom is abundaunce of humours corrupted, or be muche diseased with crudite in the stomacke and veynes, those doe I counsaile to abstain from the exercise of the voyce, lest muche corrupted iuice or vapors, may thereby be into all the bodie distributed. And here I conclude to speake of exercise, whiche of them that desire to remain long in helth, is moste diligently, and as I might say, moste scrupulously to be obserued.

THE THIRDE

BOOKE.

Of Replecion. Cap. primo.



REPLECION IS A superfluous abundance of humours in the body: and that is in twoo maner of wise, that is to say, in quantitee, and in qualitee. In quantitee as where all the fourc humors are more in abundance, than be equall in propozcion to the body, that cōteineth them, or where one humour muche exceadeth the remanant in quantitee. In qualitee, as where the bloud, or other humour, is hotter, or colder, thicker or thinner, than is conuenient vnto the bodie. First where all the humours, beyng superfluously increased, fylleth and extendeth the receptories of the body, as the stomake, the veines, and bowels, and is moste properly called fulnesse, in greke Plethora, in latin Plenitudo. The other is, where the body is infarced, either with choler, yelow or blacke, or with fleume, or with watre humors, and is properly called in greke Tachychymia, in latin Tritiosus succus, in englishe it may be called corrupt iuice. I wil not here write, the subtil and abundant definitions and descriptions of Galen in his booke de Plenitudine, and in his commentaries vpon the Apho:

phorismes of Hippocrates. For it shal here suffice, to shew the operations of replecion, good or yll, remittynge theim, whiche be curious, and desire a more ample declaracion, to the most excellent workes of Galene, where he may be satisfified, if he be not determined to repugne against reason. Hippocrates saith, where meate is receiued muche aboue nature, that maketh sicknesse. Galene declaryng that place saith, More meate than accordeth with natures measure, is named replecion. And afterward he expoundeth that word aboue nature, to signifie to much and superfluously, as who saith, where the meat is superfluously taken, it maketh sicknesse. For meate but a littell excedyng temperance, maie not soorthwith make sicknesse, but maie yet keepe the bodie within the latitude or boundes of health, for the meat that shall make sicknesse, must not a littell excede the exquisite measure. The incommoditee, whiche hapneth therby is, that moistnesse is to muche extended, and naturall heate is debilitate. Also naturall heate resolueith somewhat of the superfluouse meate and drinke. And of that, whiche is resolved of meate vndigested, proceedeth fumositie grosse and vndigested, whiche ascendyng vp into the head, and touchyng the ryne, wherin the brayne is wrapped, causeth head ache, trembling of the membres, duskinnesse of the sight, and many other sicknesses, also by the sharpnes thereof, it pricketh and annoieth the synewes, whiche make sensibilitie, the rootes of whom, ar in the brayn, and from thens passeth through

H v

all

li. 2. aph.

Apho. 15

Vbi cib⁹

præter

naturam

plus in-

gest⁹ est,

hic mor-

bū facit.

Galen. in

cōmen.

loco præ-

dicto.

The thirde

all the bodie. Finally, the said fumosities ingendred of replecion, pearcyng the innermost parte of the said sinewes, called sensible, greuouly annoyeth the power animall, there consistyng, by the occasion wherof, vnderstandyng and reason, as to the vse of them, are let and troubled. And also the tongue, whiche is reasons expolitor, is depriued of his office, as it appereth in them, whiche are dronke, and them, whiche haue greuous peynes in their head, procedyng of replecion. Signes of replecion be these, losse of appetite, delite in nothyng, slouthfulnesse, dullnesse of the witte and senses, more sleepe than was accustomed to be, crampes in the body, steretyng or salcion of the membres, fulnesse of the veynes, and thicknesse of the pulses, horroure or shrouelyng of the bodie myrte with heate. The remedies are abstinence, and all euacuacions, wherof I will make mencion in the next chapter.

Oribasius
enpori-
ston. li. i.

Of euacuacion. Cap. 2.

The meates and drynkes receiued into the bodie, if the stomake and lyuer do their naturall office, be altered by concoction and digestion, in suche wise, that the best parte therof gooeth in the nourishment of the bodie: the worst be yng separate by the membres officiall, from the residue, are made excrementes in sundrie fourmes and substances, whiche are lyke in qualitee to the naturall humour, whiche than reigneth moste in the bodie.

Excrementes, 1

These excrementes be none other, but matter
su

Superfluous, and vnſauerie, whiche by natu-
 rall powers may not be conuerted into fleſhe,
 but remainyng in the bodie, corrupte the mem-
 bres, and therfore nature abhorryng them,
 deſireth to haue them expelled. Theſe excre-
 mentes be thre in numbꝛe, ordure, brine, hu-
 mour ſuperfluous. Moreouer, there be two
 ſortes of ordure, that is to ſaie, one digeſted,
 whiche paſſeth by ſiege, the other vndigeſted,
 whiche is expelled by vomitte. Where I ſaie
 digeſted, I meane, that it is paſſed the ſto-
 mak, and tourned into an other fygure. Like-
 wyſe I call that vndigeſted, whiche ſtill retey-
 neth the fygure of meate. Urine is the watrie
 ſubſtaunce of the blood, lyke as whape is of
 mylke, whiche out of the meate that is altered
 and concocted or boyled in the ſtomake, is ſtra-
 ined in the veynes called Miſcarice, which pro-
 cedeth from the holowe parte of the lpuer, and
 ſent by the raynes into the bladder, paſſeth by
 the inſtrument, the whiche is ordeyned as well
 to that pourpoſe, as for generacion. Humour
 ſuperfluouſe is in thre ſortes, cyther mixte
 with any of the ſowꝛe humours, called natu-
 rall, or els it is gathered into the bzayne, or it
 is betwene the ſkinne and the fleſhe, or lyeth a-
 mong the ſynewes, Muſcules, or iointes. Of
 humours ſome are moꝛe groſſe and colde, ſome
 are ſubtil and hotte, and are called vapours.
 Now for to expell the ſaid excrementes, are ix.
 ſundrie kyndes of euacuation, that is to ſaie,
 abſtinence, vomit, purgacion by ſiege, letting of
 blood, ſcarifyng called cuppyng, ſweatyng,
 prouo-

Ordure.

Digeſted

Urine.

Humour
ſuperflu-
ouſe.

The thirde

prodeaction of brine, spitting, bledying at the nose, or by hemoroides. And in womē, their naturall purgacions. Of these euacuacions I wil brievely declare, with the commoditees, which by the discrete vse of the do happen vnto the body.

Of abstinence. Cap.3.

Abstinence is a forbearying to receiue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed onely after replecio, as the proper remedie therfore. And than if it be moderate, it consumeth superfluites, and in consumying them, it clarifieth the humours, maketh the bodie sayre coloured, and not onely keepeth out sickenesse, but also where sicknesse is entred, nothing moze helpeth, if it be vsed in season. To them, which haue very moiste bodys, hunger is right expedient, for it maketh them moze drie: not withstanding there ought to be consideraciōs, in the meat before eaten, in the age of the person, in the tyme of the yere, and in custome. First in the meat before eaten, if it be muche in excelle or very grosse, or not muche excedyng, or light of digestion, and accordyng thereto, would abstinence moze or lesse be proportioned. Concernyng age, Hippocrates saith, olde men maie susteine fastyng easily: next vnto the, men of middell age, yong men maie worse beare it, children worst of all, specially they that be lustie: not withstanding here Galene correcteth Hippocr. sayyng, that he should haue excepted men very olde, who, as

expe

Cor. cel.
lib.2.

Hipp. ap
hor. li.7

Consideraciōs in
abstinēce

Aph. li.1

Galē. in
cōmen.

experience declarerh, must eate often and littell. As touchyng tyme, it muste be reimebryed, that in wynter and spring tyme, the stomakes be naturally very hotte, and slepe is long, and therfore in that tyme meates would be moze abundant, and although much be eaten, it will be soner digested. Wherfore abstinence wold not be than so muche as in sommer, all be it to absteyn muche in sommer, excepte it be after replecion, Damascene saith, it dzyeth the bodie, it maketh the colour salow, it ingendzeth melancoly, and hurteth the sight. Mozeouer, custome maie not be forgotten, for they whiche are vsed frō chyldehode, to eate sondry meales in the daie, would rather be reduced to fewer meales, and littell meate, than to be compelled to absteyn vterly, to the intent that nature, whiche is made by custome, be not rebuked, and the power digestiue therby debilitate. And note well, that by to muche abstinence, the moisture of the body is withdrawen: and consequently the body dzyeth, and waxeth leane, naturall heate, by withdrawyng of moisture is to muche incended, & not findyng humour to worke in, turneth his violence to the radicall or substanciall moisture of the bodie, and exhaustyng that humour, byngeth the body into a consumpcion. Wherfore Hippo. saith, that to scarce and exquisite an order in meate and drinke, is for the more parte moze daungerous than that, whiche is more abundant. Contrariwise moderacion in abstinence, accordyng to the saied considerations, is to health a sure bulwarke.

Damascene
n^o.apho.

Apho.
lib.2.

The thirde
Of vomite. Cap. 4.

Actius.
lib. 1.

The meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very greuous to hym which is diseased. Also the moderate vse of it, purgeth fleume, lighteth the head, causeth that the excess of meates or drinckes, shall not annoie or byng sicknesse. Moreover it amendeth the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, gouts, droplics, and also diuers sicknesses proceeding of the stomake. For if any grefe happeneth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, whiche are replete, or very cholericke, if they haue not well digested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feelleth bitter vapours rising out of his stomacke, with griefe and weightinesse, in the ouer partes of his bodie, let hym renne foozethwith to this remedie. It is also good for him that is hert burned, and hath muche spytteill, or his stomake wamblieth, and for hym that remsueth into sundrie places. Yet I counsaile saith Helius, hym that will be in helth, and would not be to longe aged, that he vse not this daily. And I my self haue knowen men, whiche daily vsing it, haue brought thereby their stomakes into suche custom, that what so euer they did eate, they could not long retain it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where great sur-

Cor. cel.
lib. 1.

fit,

fet, or abundance of flemme do require it. He that
 will vomite after meate, let him drinke condyle
 drinckes myrte together, and last of all, warme
 water: or if that be to easie, let hym mixe ther
 with salte or hony. If he will vomite fastyng,
 let him drinke water and hony sodden together,
 or scope with it, or eate of a radishe roote, and
 drinke warme water vpon it. Also water wherein
 radishe is boyled, and afterwarde prouoke him
 selfe to it. Whim that will haue more violent
 purgacions, I remit to phisicians lered. But
 yet I doe estones warne them, that therein they
 be circumspect, and do not muche vse it. More
 ouer in vomites, the matter brought forth, wold
 be considered, accordyng to the rules of Hippo-
 crates, in his second boke of pronosticacions, Hippoc.
 that is to saie, if it be mixt with flemme and cho- praesag.
 ler, it is moste profitable, if it be not in verie 2. cap. 7.
 great quantitee, nor thicke, the lesse myxture it
 hath, the worse it is. If it be greene, like to locke
 blades, thinne or blacke, it is to be iudged yll.
 If it haue all colours, it is extreme perillous.
 If it be leady coloured, and sauoureth horribly,
 it signifieth a short abolicion, or dissolucion of
 nature. For as Galene affirmeth there in his
 comment, suche maner of vomite declareth cor-
 ruption with extinctyng of nature. Also euery
 putrified and stinkyng saour in vomite is yll.
 These thynges be right necessarie to be looked
 for, where one doeth vomite without any dif- Galē. de
 ficultee: but to enforce one to vomite, whiche locis as
 can not, is very odious and to be abhorred. fectis.
 Of lib. i.

The thirde

Of purgacions by siege. Cap. 5.

Cel. li. 1.
Aetius.
lib. 3.

If the head be heauie, or the eien dimme, or if there be payne felte of the colike, or in the lower part of the bealy, or in the hyppes, or some cholerike matter or fleume in the stomake. Also if the bryth be hardly fetched, if the bealy of him selfe sendeth forth nothyng, or if beyng costue, one feeleth yll sauour or bitternesse in his mouth, or that whiche he maketh, hath an horrible sauour, or if abstinence do not, at the first put awaie the feuer, or if the strength of the bodie may not susteine lettyng of bloud, or els the tyme therfore conuenient is past, or if one haue dronke muche before his sicknesse, or if he whiche oftentimes vnconstrained, hath had great sieges, bee suddenly stopped: In all these cases, and where it is painfull to vomitte, and in gnawynge or frettynges of the stomake, finally in all replecions, where a man can not or will not be let blud or vomit, it is expedient to prouoke siege by purgacions, whiche are receiued by two waies: Upward at the foundemente by suppositoies or clisters. Downward at the mouth, by pociens, electuaries, or pylls. Suppositoies are vled, where the patient is weake, and may not receiue any other pouergacions. Somtime for as muche as the straitte gutte is stopped with excrementes, whiche are drie and harde, somtime where there nedeth none other purgacion, specially in burning feuers, wherof the matter ascendeth into the head, than clisters may do harme, and by the

ben

benefite of suppositoꝛies, excrement} ar brought
foorth without any annoiaunce. And oftentymes
it bringeth foorth that, whiche clisters may
not. Suppositoꝛies are made somtyme with
housle onely, sodden, rolled on a bourde, and
made round: smaller at the one end, than at the
other, and of the length and greatnesse, accor-
dyng to the quantitee of the body that taketh it.
Somtyme there is myrte with the honye, salte
dried, or salte pepper, or the powder of suche
thynges, as do either pouрге the humour, whiche
offendeth, or dissolueth grosse wyndes, or of
ther matter: they be somtyme made with rosin,
pitche, waxe, or gummes, somtyme of rootes, or
the leaues of Mercurie greene, very small brui-
sed. Also with fygges or raisons, the stones ta-
ken out, or of white sope, made in the fygure as
foresaid, and beyng made in the fourme afores-
said, they must be put vp in a the foundement,
to the great ende, and the patient must keepe it
there the space of halfe an howre, or more.

Clysters are made of licour sometime symple,
as water sodden, mylke, oyle, or wyne, sometime
myrte, as water and oyle together, or decocti-
ons, as where herbes, rootes, frutes, seedes, or
gumes, hauing propertie to make soft, dissolute
drawe foorth, or expell matter that greueth, be
boyled, and the lycour therof, sometime warme,
somtyme hotte, is receiued at the foundement
into the body by a littell pype of gold, or siluer,
pyuozie, or wodde, therfore ordeyned and called
a clyster pype. This is necessarie, where the stom-
acke is weake, and maye not susteine the woꝛ-
king

The thirde

kyng of medicines receiued at the mouthe, also in feuers, colickes, and other diseases in the bowels, greife in the raynes of the backe or huckle bone, ventosities in the bea'y, inflamacion or exulceracion in the guttes or bladder. It is a conuenient and sure medicine, and least hurt to eth ensue of it. The makynge and ordynge thereof, I will omitte to write in this place, partly that I wold not, that phisicions should to muche note in me presumption, partly that an other place may be moze apte to that purpose,

The particuler commodities of euery purgacion. Cap. 6.

In portions, electuaries, and pylles, ought to be muche moze obseruacion, than in clysters or suppositoies, for asmuch as these do entce no further than into the gutte, where the ordure lieth, & by that place onely, bringeth forth the matter, whiche causeth disease. But tho the entryng in that wate, that meates and drinkes do, cometh into the stomake, and there is boyled, and sente into the places of digestion, and afterwarde is myrte with the iuice, wherof the substance of the bodie is made, and expellyng the aduersarie humoures, somewhat thereof doubtlesse remaineth in the bodie. Wherefore menne haue neede to beware, what medicines they receiue, that in them be no venenositee, thalyce or corrupcion, lest for the expellyng of a superfluous humoz, which perchance good diet, or some bzythes made of good herbes, or the said

evacuacion, with suppositoꝝ or clister, mought
 byng forth at leysure, by desirynge of two ha-
 ste remedy, they receiue in medicine, that whiche
 the shall ingender a venemous humour, and
 vneuitable destruction into all the bodie. And
 therfore happie is he, whiche in sickenesse syn-
 deth a discrete and well learned physicion, and
 so true a potycarie, that hath alwaie drugges
 vncorrupted, and whom the physicion maie
 surely truste, to dispence his thynges truly.
 But nowe to retourne to the saied fourme of
 purgacion, I wyll nowe set forth some coun-
 sailes, concernynge that matter, whiche I haue
 collected out of the chiefe authours of physicke.
 Bodie hotte and moiste, maie easily susteyne
 pourgacion by the stoole. Thei whiche be leane
 or thynne, hauyng the membes tender, maie
 take harme by pourgacions. To men that are
 cholericke, and theim that care littell, pourga-
 tions are greuous. In yong children and old
 men, it is daungerous to loose muche the bras-
 ly. To theim that are not woonte to it, pour-
 gacion is norfull. He that liueth in a good or-
 der of diete, needeth neither purgacion nor vo-
 mite. After that the pourgacion hath wrought,
 thirstinesse and sounde sleepe be signes that the
 bodie is sufficiently purged. By daily takynge
 of medicines, Nature is corrupted. When ye
 wyll purge any thyng, make first the matter
 flowynge and solable Medicine to purge ought
 not to be myngled with meate, but to be taken
 some houres at the leaste before meales, or
 the houres after meales, excepte certaine easie

Hippoc-
 rapher.

The thirde

pylles made to clesse and comfort the stomake,
whiche would be taken at the beginnyng of
supper, or after supper, a littell befoze that one
goeth to bedde, makyng a light supper or none.
After purgacion taken, the pacient should reste
and not walk, vntil the medicine hath wrought
nor eate or drinke in the meane space. These
thynges haue I remembred, because I haue knowen
right good Physicions, to haue forgotten,
to instruct therof their patientes. Nowe will
I set forth the table of suche thynges, whiche
of their propertee dooe digest or purge, super-
fluous humors particularly, whiche I haue gathered
out of the bookes of Dioscorides, Galene,
Paul^{us} Aegineta, Oribasius, and Aetius,
and other late writers: not withstanding, I
haue not written all, for asmuche as there be di-
uers thynges, wherunto we haue not yet founden
any names in englishe.

Digestiues of choler.

Endiue.
Lettise.
Lyhozie.
Scabiose.
Maydenheare.
Malwes.
Mercurie.
The iuice of pomegranades.
Pourselane.
Poppe.

Barberies.

Roses.
Violettes the leaf and
flowre.
Soyell.
Ipuerwoort.
Soyell de boyse.
May clarified.
The great foure colde
seeds, that is to say, of
gourdes, cucumbers,
melones, and citruls.
Psillium.

Gmez

Hyneget.
Saunders.
Barley water.
Pynes.
Camarpyndes.

Courgers of
choler.

Wylde hoppes.
Wormewood.
Centozie.
Fumytzie.
Whay of butter.
Violettes.
Mercurie.
Pynes.
Juice of Roses.
Eupatozie.
Camarindes, halfe an
ounce in a decoction.
Manna. vi. drammes
at the least, and so to
xxv. in the brothe of a
henne or capon.
Reubarbaru by it self
from twoo drammes,
vnto foure, infused or
steept in lycour, from
iiii. drames vnto. viii.
Digestiues of
fleume.

Cfenell,

Persely, the rootes,
Smallage.
Capers.
Lawrell.
Sinuy.
Buly.
Matozam.
Penitropail.
Wylde parsnyp seede.
Mynt.
Pympernell.
Bozemynnt.
Gladen.
Agrimony.
Calamynnt.
Rep.
Betayne.
Sauge.
Radische.
Mugwoort.
Junyper.
Hyslope.
Pyonise.
Saulme.
Hony.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Lumyne.

Cpour:

The thirde

C Bourgers of
fleume.

C Centorie.

Cettyll.

Agrimonte.

Alder.

Polypodiū of the oke.

Hyzabolani kebult,
in fufed from halfe an
ounce to an ounce, &
two drammes. In sub-
ftaunce from twoo
drammes, to halfe an
ounce.

Agaric⁹, from a drāme
to two drammes, in-
fufed from, ii. drāmes
to five.

Vreos.

Maydenheare.

Sticados.

C Bourgers of
melancholy.

The broathe of
colewooꝝtes, lyght
boyled.

Baulme mynte.

Sticados.

Cyme.

Seene, boyled in
white wine, or in
the broathe of a
henne.

Rased sauerie.

Erthimus.

Unwrought sylke.

Organum.

Calamint.

Borage.

Bartes tongue.

Quickbeme.

Maydenheare.

Withwynde.

Pulpyall moun-
taine.

Hony.

Sugar.

Melancholy for the thinnesse and subtilnesse
of the humour, nedeth no digestiue.

They whiche will take sharper purgacions,
or compounde with diuerse thynges, let theim
take the counsaile of an honest and perfect phi-
sician, and not aduenture to myrte thynges to-
gether, without knowyng the temperaunce of
them

theim in degrees, and that he cast proportion
theim to the bodie that shall receiue theim in
symple, as they be written. And so he maie vse
the without payll, against the humours, whers
vnto they serue.

Lettyng of bloud. Cap. 6:

The parte of euacuacion by lettyng of
blud, is incision oz cuttyng of the veine,
whereby the bloud, whiche is cause of
sicknesse oz griefe to the hole bodie, oz a-
ny particuler part therof, doeth most aptly passe.
The commoditees wherof, beyng in a moderate
quantitee, and in a due time taken, be these that
folow, it clarifieth the witte, and maketh good
memorie, it clenseth the bladder, it dryeth the
brayne, it warmeth the marowe, keyng in the
bones, it openeth the hearyng, it stoppeth teares
oz droppnges of the eyen, it taketh awaie loths
sommesse, and confirmeth the stomacke, it noz-
meth that, whiche is proper to nature, and the
contrarie expelleth. It is thought, that thereby
life is prolonged, and the mattier makynng sick-
nesse shortly consumed. Wherfoze lettyng of
bloud is not onely expedient for theim, whiche
are full of bloudde, oz haue aboundaunce of
strength, but also for theim, in whom with-
out plenitude, called fulnesse, inflammacions
beginne to be in their bodis, oz by some out-
warde stroake, the bloudde beeyng gathered
withyn, by collection thereof, doe feeble griefe oz
disease, Also where there is muche payne sette,

Arnold^s
de villa
noua,

Oribasi^s
in medis
cina cōa-
pendio,

The thirde

of debilitie of some member, whereof is supposed to be ingedred some greuous disease. Moze ouer they, whiche vse excesse of meates and drinckes, maie be cured by lettynge of bloude. But those, whiche be temperate, keepynge good diete, be holpen without lettynge of blood: as by fricasies, vsynge of bathes, exercise, walkynge, and ridynge moderately. Also vnctions with oyles and oynctementes, called Diaphoretice, whiche by euaporacion, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancoly blood, than alwaie needes must be lettynge of blood. Aboundaunce of melancoly blood is knowen by these signes. There is felt in the entrayles, or within the boulke of a man or woman, a weightinesse with tension or thrustynge outward, and all that parte, whiche is aboue the nauell, is moze heauy than it was wont to be. Also muche vrine and fattie, the residence or botome, thicke, troublous, and fatte, somtyme black poulches or boyles, with inflamacion and muche payne. These must be shortly let blood, and the melancoly humour also purged by sicke. They, whiche haue crude or rawe humoures, muste bee warely let blood, before that sickness ingender, but hauynge the feuer in no wise. Concernynge lettynge of blood, these thynges folowynge, would be had in continuall remembrance, and be afore thought on. In abundance of the blood, the qualitee and quantitee, the greatnesse of the sickenesse, and if it be present, or looked for, also the diet precedynge, the age and strength of the person, the naturall fourme of his

Aetius.
lib. 3.

his bodie, the time of the yere, the region or countrey, the present state of the ayre, the disuse of accustomed exercise, the ceasing of euacuacions vsed before. In qualitee consider, of what humour the fulnesse procedeth. In quantitee the abundance of that, whiche is to be poured. In sicknesse, if it be dangerous or tollerable: if the sicknesse be present, it requireth the more diligence, if it be looked for, it maie be the better proportioned. In diete, the custome in eating and drinking, must be specially noted. In yong men and women, letting of blood would be more liberall. In olde men and yonge chyl dren, it would be scarser: strong men may susteine bleeding, they whiche are feble, may not endure it: Large bodies haue greater vessels, than they, whiche be littell. Leane men haue more blood, corporate men haue more fleshe. The time of the yere must be specially marked. For in the beginning of spring tyme it is best letting of blood, as Orbasius saith, and so doth continue, after the opinion of Arnold, vnto the eight calendes of June. Aetius affirmeth, that in winter, or in a cold countreie, or where the person is of a very cold nature, the veines should not be opened. And Damascene saith: They whiche in youth haue vsed to be muche let blood, after they be thre score yeres olde, their nature waxeth cold, and naturall heat is in them suffocate, specially if they were of a colde complexion, but that is to be vnderstand, where they that are in helth, are often let blood. For in the lapse from helth, and in diuers diseases, wherein the blood is

Oriba.
sup. Ars
noldus.
de villa
noua de
floborho
mia. lo.
Damasc.
in ar.
med,

The th' rde

corrupted, or where it ingendzeth imposthumes, or resorteth to any place, where it ought not to be, or passeth by any other conduite, then nature hath ordeyned, or where it is furiose or inflamed, or by any other meanes breedeth greivouse diseases, in all these cases it ought to be practised, ye somtyme in aged persons, women with child, and yong infantes. For in extreme necessitee, it were better experience som remedie, than to doe nothyng. All other thynges concerning this matter, pertaine to the part curative, whiche treateth of healpyng of sickenesse, wherof I will not nowe speake, but remitte the reders to the counsaile of discrete physicians.

Of scarifiyng, called boxyng or cuppyng, Cap. 7.

Galenus

FOr as muche as it is not convenient, to be let bloud oftentymes in the yere, because much of the vital spirite passeth forth with the bloud, whiche tryng exhauste, the bodie waxeth colde, and naturall operacions become the more feble, I therfore doe counsaile (saith Galen) that the base partes of the body, as the legges, be scarified, whiche is the mooste sure remedie, as well in conscrupng helth, as in repayryng thereof, beyng decayed. For it cureth the eyen beyng annoied with long distillacions. It profiteth also to the head, and ouer part of the body, against sondrie diseases. In what mebre the bloud is gathered, the bodie beyng firste purged by scarification, the greife may be cured.

Also

Aetius.
liber. 3.

Also Oribasi⁹ affirmeth the same, and also ad-
deth therto, that it helpeth squynances, or quin-
tes in the throte, and dissolueth the conspaci-
ons or stoppynges made of all places, if the pla-
ces be scarified: not withstandyng applicacion
of hores about the stomake, in hot scures, where
reason is troubled, are to be eschued, for feare of
suffocacion. Likewise put to the hed vndiscrete-
ly, it hurteth both the hed and the eyes. The late
authoys do affirme, that scarifyng is in the steede
of lettynge blud, where for age, debilitie, or time
of the yere, or other lyke consideracion, a man
maie not susteyne bloud lettynge, and it byn-
geth forth the thynne bloud, whiche is nexte to
the skynne.

Oribasi⁹
in medi-
cina cō-
pendio.

Actius.

Of blood suckers or leaches. Cap. 8.

There is also an other fourme of euacua-
cion by wormes, found in waters called
blood suckers or leaches, whiche beyng
put vnto the body or mēbre, do draw out
blud. And their drawing is more conuenient for
fulnesse of bloud, than scarifyng is, for as mu-
che as they fetch blud more deper, and is more of
the substance of bloud, yet the opinion of some
men is, that they doe drawe no bloud but that
which is corrupted, and not proportionable vnto
to our body. And therfore in grises, which hap-
pen betwene the skynne and the fleshe of bloud
corrupted, these are more conuenient the scarify-
ng. But before that they be put vnto anye
parte of the bodie, they muste be first kepte all
one

Oribasi⁹
in medi-
cina cō-
pendio.

The thirde

One daie before, geuyng vnto them a littell bloud in freshe fleshe. And than put theim in cleane water, somewhat warme, and with a spounge wype awaie the syme, whiche is about theim, and than laie a littell bloud on the place grieved, and put theim than to it, and laie on theim a spounge, that whan they be full, they maie fall away, or if ye will sooner haue them of, put a horse heare betweene their mouthes, and the place, and drawe theim awaie, or put to their mouthes salt or ashes, or byneger, and forthwith they shall fall, and than washe the place with a spounge, and if there do issue much bloud, laie on the place the powder of a sponge, and pitche bourned, or linnen cloth burned, or gaulles burned, or the herbe called Bursa pastoris, bruised. And this sufficeth concerning bloud suckers.

Of hemoroides or pyles. Cap. 9.

Hemoroides be veynes in the fundement, of whō do happen sondry passions, sometime swelling without bledying, sometime superfluous bloud, by the puissance of nature, is by theim expelled, and than be they very convenient, for by them a man shall escape many great sicknesses, whiche be ingendred of corrupted bloud, or of melancholy. Semblably, if thei be hastily stopped from the course, which they haue been vsed to, thereby do increase the said sicknesses, whiche by theim were expelled, as diophties, consumptions, madnesse, fransies

ties, and diuers diseases of the head, and other
 sickenesses: palenesse of the visage, grieve in the
 raynes of the back, and thies. And if they flow
 to muche, there insucth feblenes, leannesse of the
 bodie, alteration of colour, great peynes in the
 lower partes of the bodie. And if the fluxe be
 vnmoderate, it ingendzeth mischeuo^r diseases.
 Wherfore it would be diligently taken heede,
 that they runne in measure, or els to vse some
 thynges moderately, whiche may restrain them.
 ¶ Concernyng other euacuacions, I do pur-
 posely omitte to write of them in this place, for
 as muche as in this realme, it hath been accom-
 pted not honest, to declare them in the vulgare
 tongue, but onely secretely.

Of affectes of the mynde, Cap. 10.

The last of thynges called not naturall, is
 not the least parte to be considered, the
 whiche is of affectes and passions of the
 mynde. For if they be immoderate, they
 doe not onely annoie the bodie and shorten the
 life, but also they do appaire, and somtime lose
 vtterly a mans estimation. And that much moze
 is, they byyng a man from the vse of reason, and
 somtyme in the displeasure of almighty God.
 Wherfore thei do not onely require the helpe of
 phylicke corpozall, but also the counsaile of a
 man wise and wel lerned in moral philosophy.
 Wherfore after that I haue recited, what they
 be, I wyll bryefely declare suche counsailes, as
 I haue gathered. And as concernyng remedies
 of

The thirde

of phisicke, sayng a fewe symples, whiche doe
comforte the heart and spirites, the residue I
will remitte to the counsaile of physicions, like
as I haue dooen in euacuacion. Affectes of the
mynd whereby the body is auoied, and do bying
in sicknesse, be these, Ire oz wrathe, heuynesse oz
sorrowe, gladnesse, oz reioicing.

Of Ire. Chap. ii.

Ire is kindled in the hert, inordinately chauf-
fing the spirites there, and chan is sent forth
into the membrs, and doeth superfluousely
heate them, and disturbeth reason, where the
bodies be hotte afore, where naturall heat is fea-
ble, the heate maie not be disperfed vnto the ex-
treme partes, and chan doeth the extreme mem-
brs, that is to saie, whiche are farre from the
heart, remaine colde and tremblyng. Of this
affection commeth somtyme fevers, somtyme as-
poplexies, oz priuacion of senses, tremblyng,
palleis, madnesse, fransies, deformities of vy-
sage: and that worse is, outrageous swearing,
blasphemie, desire of vengeaunce, losse of cha-
ritie, amitie, credence, also forgetfulnesse of be-
nefite pcedyng, and of obedience, duitie, and
reuerence. There also doe succede, contencion,
chargeable suite, vnquietnesse of mynde, lacke
of appetite, lacke of slepe, feble digestion, scoorne
disdayne, and hatred of other, with peryll of
lesyng of al good reputacion. These incommo-
dities of Ire, perfectly had in remembrance, and
at the first motion thereof on them thoughte

on, maye happen to byrnyng in his felowes, and thereby the flame maye be quenched, or let hym that is angrie, even at the firste consider one of these thynges, that lyke as he is a man, so is also the other, with whom he is angrie, and therefore it is as leessfull for the other to be angrie, as vnto him, and if he so be, than shall that anger be to hym displeasaunt, and stirre hym moze to be angrie. Wherby it appeareth, that Ire is to hym lothsome. If the other be pacient, than let hym abhorre that thyng in hym selfe, the lacke wherof, in the other contenteth him, and all wasgeth his malice. Moreover, let hym before, that occasion of Ire dooeth happen, accustome hym selfe to behold and marke well them that be angrie, with the successe of that anger, and ruminate it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God, and God, who (as he hym selfe saied) mought haue had of God his father, if he would haue asked them, legions of aungelles, to haue defended him, yee with lesse than a winke mought haue slayne all his aduersaries, yet he not withstandyng, rebuked, scorned, falsely accused, plucked hither and thither, strypped, bounden with halters, whipped, spitte on, buffeted, crowned with thyrpe thorne, laded with a heuie piece of tymber, his owne propre tourment, haled, and dzyuen forth lyke a calfe to the slaughter howse, eysones beaten and ouerthrowen, retched forth with ropes, armes and legges lated on the crosse, and there vnto with long yron nyles through the handes and fete nyled, with
many

The thirde

many strokes of hammers, with many prickyn-
ges, or euer the nayles myght perce by his ten-
der and moste blessed flethe and synewes, quite
throughe the harde tymber, vpon to the heades of
the nayles. and al this beyng doen for thoffence
of mankynde, and not his: yet with the men,
whiche did it, his moste vnkynd countrey men,
his moste vnnaturall kynsemen, whom he firste
made of nothyng, preserued by myracles, deli-
uered from perylls, and cured of diseases, in
all his veracion and trouble, he was neuer seen
or perceiued angrie. If one will saie, that anger
is naturall, let him also consider that in Chris-
tes manhoode were all naturall powers. If he
will saie, that yre is token of courage, and in
Christ it lacked not, whom bothe aungels and
diuelles trembled and feared. The premises of-
ten reuolued, and bozne in the mynde, I wyll
not saie, shall vtterly extinct all mocions of
wrathe, which is not possible, but it shall whan
it kendleth lightly repress it, and let that it shal
not growe into flame. And in speakyng here of
wrathe, I do not meane that, whiche good men
haue against vices: or wise and discrete gouer-
noures and maisters, against the defaultes or
negligences of their subiectes or seruauntes, vs-
ed in rebukynge them, or moderately punishyng
them. For that is not properly yre, but rather
to be called displeasure, and is that whereof
God speaketh by his prophete Dauid, sayng:
Be you angrie and doe not sinne. And that ma-
ner of anger hath been in diuers holy men, pro-
phetes and other, And it appeared in Christe
whan

Psal. 4.

Gene. 31.

Exo. 32.

Leuit. 10.

Marc. 11.

Whan he draue out the, whiche made their market in the holy temple of god, where there ought to be nothing but praier. And in likewise when he rebuked the hypocrites. But if none of these thynges may com so shortly to his remembrance, that is meeued with anger, at the least let hym thinke on the lesson, that Appollo doxus the philosopher, taught to the Emperour Octavian, that befoze he speake or do any thyng in anger, he w recite in order, al the letters of the A. B. C. and remoue somewhat out of the place that he is in, and seke occasion to be otherwyse occupied. This shall for this time suffice, for the remedies of yre. And he that will know more of this matter, let hym read in my worke called the Gouernour, where I therof do write more abundantly.

Of dolour or heuinesse of
mynde. Cap. 12.

There is nothing more enemye to life, then sorow, called also heuinesse, for it exhausteth bothe naturall heate and moisture of the body, and doth extenuate or make the body leane, dullereth the witte, and darkeneth the spirites, letteth the vse and iudgement of reason, and oppresteth memorie. And Salomon saith: That sorow drieth vp the bones. And also lyke as the mothe in the garmente, and the woozme in the tree, so doth heuinesse annoie the heart of a man. Also in the booke called Ecclesiasticus. Sorowe hath killed many, and in it selfe is found no commoditee. Also by heuinesse

Pro. 17.
and. 25.

Eccle. 25
and. 38.

It

Death

*Health makes the glory of face of Nature Gay
gives beauty to the Sun & lustre to the day*

The thirde

death is hastened, it hydeth vertue oz strength, and heauinesse of hert boweth down the necke. This is so puissant an ennemie to nature and bodily health, that to resist the malice and violence thereof, are required remedies, as well of the holson counsailes found in holy scripture, and in the bookes of moral doctrine, As also of certayne herbes, fructes, and spyces, haupng the propertee to expell melancholike humours, and to comforte and keepe liuely the spirites, whiche haue their proper habitation in the hert of man, and moderate nourishyng of the natural heat and humour, called radicall, whiche is the base oz foundation, wherebpon the life of man standeth, and that failyng, life falleth in ruine, and the bodie is dissolued. Now first I wyll declare some remedies against sorowfullnesse of heart, concernyng necessarie counsaile. Somtyme this affecte happeneth of ingratitude, either where for benefite, oz speciall loue employed, one receiueth damage, oz is abandoned in his necessitee, oz is deceiued of him, whom he trusted, oz findeth hym, of whom he hath great expectation, forgetfull oz negligent in his commoditee, oz percepueth the person, whom of long tyme he hath loued, to be estraunged from hym, oz to haue one of later acquaintance in more estimation. This affection nypbeth the hert, ye of moste wylse men, for they loue moste hertily, not prouoked by carnall affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of long tyme mutually experienced. And it is not onely
vnto

unto man greuous, but also unto god most displeaunt and odious, as it is aboundantly declared in scripture. Wherefore the person, which feleth hym selfe touched with this affect, before that it groweth into a passion, and waxeth a sicknesse, let hym call to remembrance these articles folowynge, or at the least waies some of them. For eueriche of them maie ease hym, though perchaunce they can not forthwith perfectly cure hym.

Consider, that the corruption of mans nature is not so muche declared in any thyng, as in ingratitude, wherby a man is made woorse, than diuers brute beastes. The lyttell ante or emote helpeth by his felowe, whom he seeth ouerthrowen with burdein, or by other occasion. Also whan olyphantes do passe ouer any great water, the greatest and moske puissant of them deuyde them selves, and setting the weakest in the middell parte, go before, tryng the depenesse and perilles, parte come after, succourynge the weakest or least, with their long noses, whan they see them in danger. The same beastes haue been sene not onely byng men out of desertes, whiche haue lost their waies, but also renuyng the displeasures doen to theim, the whiche gaue them meate, as one that slewe hym, whiche had committed aduoutrie with his maisters wyfe. The terrible Lyons and Panthers, haue been sene in their maner, to render thankes to their benefactours, yea and to obiecte their owne bodies and lyues for their defence. The same we maie daily beholde in our owne dogges.

Couns
sayles as
gaunt in
gratitude
Appian
in varia
historia,

It

Chan

The thirde

Sene. de
benefi, 7

Than in whom thou findest the detestable vice
of Ingratitude, reputyng hym among the
woorst sortes of creatures, thinke not that thou
hast loste a freende, but thincke that thou arte
deliuered from a monster of nature, that deu-
oured thy loue, and that thou art nowe at li-
bertee, and hast wonne experiente to chose thee
a better. But if this maie not suffyse, than
eetsoones consider, that if thou looke well on
thy selfe, perchaunce thou maiest fynd the faute
whereof thou complaynest, within thyne owne
bosome. Call to thy remembraunce, if thou hast
alwate rendered vnto euerie manne condigne
thanks or benefite, of whom thou hast kynde-
nesse receiued, or if thou hast alway remembred,
euerie one of the, that haue doen to the any com-
moditie or pleasure. Thou shalt well perceiue,
that what thyng thou receiuedst in childehood,
thou forgattest or diddest littell esteeme, whan
thou cammest to the state of a man. And what
thou diddest remember in youth, in age, thou
diddest littell thinke on: thy nourrices pappe,
hit rockynges, watchynges, thou hast not al-
waie remembred, or equally recompensed. Thy
schole maisters studie, his labour, his diligence
in a lyke degree, thou hast not requited. What
greater freendes hast thou had, of whom thou
couldst receiue any greater benefites, than thy
nourishyng and preseruyng of thy life, in thy
moste feblenesse, thine erudicion, whereby thy
nature was made more excellent. Remembryng
this, leaue to be angry or sorowful for so comon
a vice: yet if it ceasse not to greue thee, conferre
the

The ingratitute that doth bere the, with that ingratitude, which was shewed by the Israelites, whom god chose for his owne people, deliuered from seruage, shewed for them wonders, preserued them fortye yeres in deserte, destroyed for them kynges, gaue to them the countrey, whiche flowed mylke and hony, defended them against all outward hostilitie, sent vnto them suche abundance of riches, that syluer was in Hierusalem, as stones in the streete, had his tabernacle, and afterwarde his moste holie temple among them, whiche he did daiely visite with his diuine maiestee, made their kinges to reigne gloriously, and spake with their Prophetes familiarly, and corrected their errours most gently: and yet for all this, they, imbracyng the paynyms Idolatrie, they left so graciouse and louyng a lord, and liuyng God, and to his great despise, gaue diuine honors to calves of brasse, and other monstrous Images, and at the last put to most cruell death, the only sonne of god, that had dooen so muche for them.

¶ And if we christen men doe loke well on our selues, reuoluyng the incomparable benefite, whiche we haue receiued by Christes passion, and consider the circumstance of his moste excellent patience, and moste feruent loue toward vs, with our forgetfulnes, and the daily breache of our promesse, whiche we made at our baptism, conferruyng our mutuall unkindnes ther vnto, there shal appere no ingratitude, that shuld offend vs. finally for a conclusion, beholde well about thee, and thou shalt all daie fynde

The thirde

the children ingrate to their parentes, and wyues to their husbannes. And wryte thou looke that thy benefite, or bayne expectation, should make the more free fro ingratitude of thy frend, whom chaunce hath sent the, than nature made the parentes toward their children, or the conjunction of bodies by lefull marriage, take unkindnesse from the wyues toward the husbannes. This vyce therfore of ingratitude, beeing so common a chaunce, make no worldly frendship so precious, that lyfe or health therefore should be spent or consumed. I haue been the lenger in this place, because I haue had in this griefe sufficient experience.

Death of children.

If death of children be cause of thy heavynesse, call to thy remembrance some children (of whom there is no littell numbꝛ) whose lyues eyther for vncorrigible vyces, or infortunate chaunces, haue been more greivous vnto their parentes, than the death of thy children ought to be vnto thee: considering that death is the discharger of all griefes and myscries, and to them that dye well, the first entrie into lyfe everlasting.

Losse of goodes.

The losse of goodes or auctoritee doe grieue none but fooles, which do not marke diligently, that lyke as neither the one nor the other doeth alwaie happen to them that are worthy, so we haue in daierly experience, that they fall from hym sodeinly, who in increasyng or keepyng them seemeth moste buisie.

Lacke of promotion. It stentymes the repulse from promotion is cause of discomfort. But than consider, whether

thee in the opinion of good men, thou art deemed
worthy to haue suche aduancement, or in thine
owne expectation and fantasie. If good men so
iudge thee, thanke thou god of that felicitie, and
laugh at the blindnesse of them, that so haue re-
fused thee. If it procede of thine owne folpe, ab-
horre all arrogance, and inforce thy selfe to be
aduanced in mens estimation, before thou canst
fynde thy selfe worthy in thy proper opinion.

All other chaunces of fortune, esteeme as no-
thyng, and that long before they dooe happen.
The ofte recordyng of myserie, prepareth the
mynde to feele lesse aduersitee. And the contempt
of fortune, is sure quietnesse, and moste perfite
felicitie.

Chaunces
of fortune.

This now shall suffice concernyng remedies
of morall phylosophie. Now will I write some-
what touchyng counsaile of physicke, as in res-
lieuyng the bodie, which either by the said occas-
sions, or by the humour of melancoly, is brough-
t out of temper.

The first counsaile is, that durynge the tyme
of that passion, eschewe to be angrie, studiouse,
or solitarie, and reioyce thee with melodie, or
els be alwaie in suche compaignie, as best may
content thee.

Auoyde all thynges that be noyouse in sight,
smellyng and hearyng, and imbrace all thyng
that is delectable.

Flee darkenesse, muche watche, and businesse
of mynde, muche compaignyng with women,
the vse of thynges very hot and drie, often pur-
gacions, immoderate exercise, thyrt, muche ab-

stinece,

stinece,

The thirde

Astinence, dyte wyndes and colde.

Absteyn from daily eatyng of muche old biese
oz olde mutton, hard cheese, hares fleshe, bores
fleshe, venyson, saltefishe, colewooztes, beanes,
and peason, very course bread, great fishes of
the sea, as thurlewe, wyppse, and sturgeon, and
other of lyke natures, wyne redde and thicke,
meates beyng very salte oz sowre, olde, burned,
oz feped, garlyke, onyons, and lekes.

Use meates, whiche are temperately hot, and
therwith somwhat moyste, boyled, rather than
rosted, light of digestion, and ingendryng bloud
clere and fyne. As mylke hotte from the vdder,
oz at the least new mylked, ruen chese, swete al-
mondes, the yelkes of rere egges, littel byrdes of
the bushes, chickens, and hennes. Wyne white
oz claret, clere and fragrant. Swete saouours in
wynter hot, in sommer colde, in the meane tyme
temperate.

Confortatiues of
the hert hotte.

Bourage the floure
oz leafe.

Buglosse.

Baulme mynte.

Clicampane.

Cloues.

Cardamomum.

Rosemary.

Lignum alowes.

Mulke.

Ambergrise.

Saffron.

The bone of the heart
of a redde deere.

Wyntes.

Cherynde of Citron.

Beene.

Sububes.

Balyll.

Confortatiues of
the hert colde.

Violettes.

Berles.

Lozall.

The

The vnicoynes hozne.
 Old appulles whiche
 be good.

Roses.

Saunders.

The Olyphauntes
 toothe.

Water lylles.

Corvander prepared.

Confortatiues
 temperate.

Jacinthe.

Saphire.

Emerauldes.

Myrabolanes, called
 kebult.

Buglosse.

Golde, Syluer.

Of Ioye.

Ioye or gladnesse of heart doth prolong
 the life, it fattereth the bodie that is leane
 with troubles, bityng the humours to
 an equal temperaunce, and drawyng
 naturall heate outwarde. But if it be sodayne
 and feruent, it oftentymes siceth, for as muche
 as it draweth to sodainly and excessiuely natu-
 rall heate outwarde. And therfore diuerse men
 and women haue been seene to fall in a sound,
 whan they haue sodainly beholde the persons,
 whom they feruently loued.

A woman in Rome, hearyng first, that hir
 sonne was slayne in battayle. After whan he
 came to her, she seeyng hym aliué, imbracyng
 eche other, she dyed in his armes. This well
 considered, against suche inordinate gladnesse,
 the best preseruatiue is to remember, that the ex-
 treeme partes of mundaine ioye is sorowe and
 heauinesse: And that nothyng of this worlde,
 maie so muche reioyce vs: but occasion maie
 cause it to be displeasaunt vnto vs.

h v

Che

T. Liuius

The thirde

The dominion of sondrie complexions. Cap. 13.

It seemeth to me not inconuenient, that I doe declare as well the counsailes of auncient and approued authoꝝ, as also mine owne opinion, gathered by diligent markyng in daily experience, concerning as well the necessarie diete of euery complexion, age, and declinacion of health, as also the meane to resist the diserasies of the bodie, before sicknesse be therein confirmed, leauyng the residue vnto the substantiall lernyng and circumstance practyse of good physicions, whiche shall the moze easily cure their pacientes, if their pacientes do not disdain to beare awaie and followe my counsaile.

¶ And first it ought to be considered, that none of the iiii. complexions haue soolely suche dominion in one man oz womans body, that no part of any other complexion is therewith mixt. For when we call a man sanguine, colerike, fleumaticke oz melancoly, we do not meane, that he hath bloud only without any of the other humours, oz choler without bloud, oz fleume withoute bloud oz melancholie, oz melancoly without bloud oz choler. And therfoze the man, whiche is sanguine, the moze that he draweth into age, wherby naturall moysture decayeth, the moze is he cholerike, by reason that heate surmountyng moysture, needes must remaine heat and drythe. Semblable the cholericke man, the moze that he

he waxeth into age, the more naturall heate in hym is abated, and dythe surmountyng naturall moysture, he becommeth melancholike, but some sanguine man hath in the propozcion of temperatures, a greater myxture with choler, than an other hath. Likewise the cholerike or fleumatike man with the humour of sanguine or melancholy. And therfore late practisers of phisike are wont to call men, accordyng to the myxture of their complexions, as sanguine cholerike, fleumatike sanguine. &c. Moreover, beside the naturall complexions, whiche man receiveth in his generacion, the humours, wherof the same complexions doe consist, beyng augmented superfluously in the body or membres by any of the said thynges called not naturall, euey of them doe semblably augment the complexion, whiche is proper vnto hym, and bringeth vnequall temperature vnto the bodie. And for these causes, the sanguine or fleumatike man or woman, feelyng any discrasie by choler hapned to theim by the said thynges, called not naturall, they shall vse the diete described hereafter to him, whiche is naturally cholerike. Semblablye the cholerike or melancholike man or woman, haupyng any discrasie by fleume to vse the diete of hym whiche is naturallie fleumatike, alwaie remembryng, that sanguine and fleumatike men haue more respecte vnto dythe, cholerike and melancholie vnto moysture, and that alwaie as the accidentall complexion decayeth, to resorte by littell and littell to the dyete, pertainyng to his naturall complexion.

¶ The

The thirde

The tymes appropriated to euery natural humour. Cap. 14.

BUt first it must be considered, that where the foure humours be alway in man, and in some man commonly one humour is moze abundant than an other naturally, that is to saie, from his generacion. The saied humours haue also peculiere tymes assigned to euery one of them, wherein eche of them is in his moste power and force, as after insueth, after the description of Soranus.

Soranus
Ephesi^o. **F**leume hath most puillance in winter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarie, wherby ar ingendzed Catarres or reumes, the vuula, the coughe, and the stitche. This humour is parte in the head, part in the stomacke. It hath dominion from the. iiii. houre of nyght, vntyll the nyynth houre of the same nyght.

Blood increaseth in spyngge tyme from the viii. Idus of Februarie, vnto the. viii. Idus of Maie, wherof are ingendzed feuers, and swete humours, whiche do shortly putrifie, the power of this humour is about the hert, and hath dominion from the ninth houre of night, vntill the thirde houre of the moornyng.

Redde choler hath power in Sommer from the. viii. Idus of may, vntill the. viii. Idus of August, wherby are ingendzed hotte and sharpe feuers: this humour is specially in the liuer, and hath dominion from the third houre of day, vntill the. ix. houre of the same date.

Yelowe

CYelowē choler, wherof is ingendred the flemē of the stomake, is nozished in Autumne, whiche beginneth the .viii. Idus of Auguste, and dureth vnto the .viii. daie of Nouember, and maketh shakynge feuers and sharpe: the blacke choler that increaseth, and than foloweth thichnes of the blood in the veines. Blacke choler or melancholy moste raineth in the Splene, and it raiseth from the .ix. houre of daie, vntill the third houre of nyght.

Peculiar remedies against the distemperance of euery humour.

If the distemperance be of blood, helpe it with thynges colde, sharpe and drie, *Sorānus in arte medēdi.*
 for blood is moyste, hotte, and sweete.
 If it be of redde choler, geue thynges colde, moyste, and sweete, for redde choler is bitter and fyrie. If it be of blacke choler, geue thynges hot moiste and swete, for blacke choler is sharpe and colde. If the diseale be of salte fleume, geue thynges swete hotte and drie, thus saith Soranus. Notwithstanding where there is aboundance of colde fleume not myrte with choler, there thynges very sharpe and hotte be moste conuenient, as tart vynes, strōg and rough hornie beyng sodden in the one and the other, or where choler is myrte with fleume: syrope aces tose made with vynes and sugar boiled, sometime with herbes, rootes, or seedes, whiche maye dissolue fleume and digest it,

Diete

The thirde
Diete of them, vvhicke are of sana
guine complexcion. Cap. 15.

For as muche as in sanguine men blood moste reaigneth, whiche is soone corrupted, it shall be necessarie for them whiche are of that complexcion, to be circumspect in eating meat, that shortly will receiue putrification, as the more part of fruites, specially not being perfectly ripe, also meates that be of yll iuice, as fleshe of beastes to olde or to yonge, vdders of trastes, bzaines, except of capons and chickens, marowe of the back bone, much vse of onyons, leches, garlyke, muche vse of olde fygges, muche vse of rawe herbes, and all thyng wherein is excessse of heate, colde, or moisture, meates that be stale, fishes of the fennes or muddy waters, and to muche slepe, as experience sheweth.

Diete of cholerike persons. Cap. 16.

To them whiche be colerike, tryng in thier naturall temperature, and hauyng not from their youth vsed the contrary, grosse meates moderately taken, be more convenient, than the meates that be fine, and better shall they digest a pice of good biese, than a chickens legge. Choler of his proper tee rather burning than well digestyng meates of lyght substance, not withstandyng some gentylmen whiche be nicely brought vp in their infancie, maie not so well susteyne that diete as poore men, being the more part vsed to grosse meates,

tes. wherfoze their diet must be in a temperance,
as ponge biſſe, olde beale, mutton, and veniſon
powdred, pong geese, and ſuch lyke, concernyng
their complexion with meates like therunto in
qualitie and degree, accordyng to the counsaile
of Hippocrates. And as he perceiueth choler to
abounde, ſo to interlace meates whiche be cold
in a moderate quantitee, and to alaie their wine
more oz leſſe with water, eſchewyng hotte ſpi-
res, hotte wyne, and exceſſiue labour, wherby
the bodie maie be muche chaufed. Alſo he maie
eate oftener in the daie than any other: forſeen,
that there be ſuche diſtance betwene his meales
as the meate befoze eaten be fully digeſted, whi-
che in ſome perſon is more, in ſome leſſe, accor-
dyng to the heate and ſtrength of his ſtomacke,
notyng alwaie, that the cholerike perſon digeſ-
teth more meate than his appetite deſireth, the
melancholike perſon deſireth by falſe appetite
more than his ſtomacke maie digeſt. And to a
cholerike perſon it is right daungerous, to uſe
long abſtinence: for choler, findyng nothyng
in the ſtomacke to concocte, it ſareth than, as
wherc a littell potage oz mylke, beyng in a veſ-
ſell ouer a great fyre, it is bourned to the veſſell,
and vnſauerie fumes and vapours do iſſue out
therof. Likewiſe in a cholerike ſtomacke, by ab-
ſtinence, theſe inconueniences doe happen, hu-
mours aduſte, conſumyng of natural moiſture,
fumofities and ſtinkyng vapours, ascendyng
by to the heade, whercof is engendred duſkyng
of the eyes, hed aches, hotte and thynne reumes
after euery littell ſurfet, and manie other in-
con-

The thirde

noyfull, whiche are very colde, viscus or stymie, fatte or soone putrified, eatyng muche and often, specially meates ingendryng fleume, whiche be remembred in the table pcedyng. All thynges be good, whiche are hotte and drie, also meates and drinckes whiche be lowe: onions also, and garlyke moderately vsed, be very commendable, in pure fleume not myxte with choler, muche vsyng of salte, specially dyed. Pepper grosse beaten, & caten with meat, ought to be with all fleumatike persons familiar, also gynger is right conuenient, but not to be so frequently vsed as pepper, for asmuche as the nature of pepper is, that beyng caten, it passeth thzough the bodie, heatyng and comfortyng the stomake, not entryng into the veynes, or annoyng the lyuer, whiche vertue is not in gynger. Gynger condite, the whiche we doe call greene gynger, specially conded with sugar, if it maye be gotten, and also Mirabolanes called kebult condite in India, be most excellent remedies against fleume, also the herbes, whiche are remembred afore in the table of digestiues of fleume, and the rootes of persely, fenell, yreos, Elycampane, and carrettes be very commendable. Exercise twise in a day, the stomakes being almost emptye, so that sweate beginne to appere, is very expedient, clenstyng of the bodie from all filthynesse, with rubbyng and wippyng, oftentymes with waschyng, specially the heade and partes there about, moderate sweatyng in hot bathes or stufes, be to this complexcion necessary, specially whan they haue eaten and dronken ex-

cessiue

celluely. The head and feete to be kept from cold, and to dwell high and farre from moores and marshes, is a rule right necessarie, also to abstain from etyng herbes and rootes not boyled, and generally from all meates whiche will not be easily digested.

The diuision of melancoly, and the diet of persons melancolyke. Cap. 18.

Melancoly is of two sortes, thone is called natural, which is only cold and dry, the other is called aduste or burned. Natural melancoly is (as Galene saith) the residence or dyegges of the bloud: and therfore is colder and thicker than the bloud. Melancoly adust is in foure kindes, either it is of naturall melancoly adust, or of the more pure part of the bloud adust, or of choler adust, or of salt sicume adust. But of al other, that melancoly is worst, whiche is ingendred of choler, finally all adust melancoly annoieth the witte and iudgement of man. For whan that humour is hette, it maketh men mad, and whan it is extinct, it maketh men fooles, forgetfull and dull. The natural melancolie kept in his temperance, profiteth much to true iudgement of the witte, but yet if it be too thicke, it darkeneth the spirites, makerh one tymorous, and the witte dull: If it be myrte with fleume, it mortifieth the bloud with too much colde, wherfore it maie not be so littell, that the bloud and spirites in their feruentnesse, be as it were vnbrideled, wherof doe happen vnstablenesse of witte, and slipper remembrance, nor yet so much, that by the weight therof (so it is hea-

Ex Mar-
cilio si-
cino de
uita sana

The thirde

use approachyng nigh to the earth) that we seme to be alwaie in slepe, and nede a spurre to prycke vs forward. Wherfore it is right expedient, to kepe that humour as thynre as nature will suffer it, and not to haue to muche of it. But now to the diete pertainyng to them, whom this humour annoyeth. The knowlage that melancoly reigneth, is oftentimes, heuynesse of mynde, or feare without cause, slepynesse in the membrs, many crampes without replecion or emptines, sodain furse, sodain incontynencie of the toong, muche sollicitude of light thynges, with plainnesse of the vylage, and fearfull dreames of terrible visions, dreamyng of darkenesse, depe pities, or death of frendes or acquaintance, and of all thyng that is blacke. The meates conuenient are they, whiche be temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled than roasted, temperately myxte with spyces, mylke hotte from the bodder, or late mylke, is very conuenient for that complexion, swete almondes blanchyd, and almond mylke, the yelkes of fere egges, and finally all thynges, whiche ingender pure blood, and all that is wrytten in the chapter of age. All these be yll for them. Wine thicke or troublous, specially red wyne, meates hard, drie, very salte or sowre, burned meate, fised meate, much bicke, hares fleshe, beanes, roket, colewortes, musterd, radishe, garlyke, except there be muche wynde in the bodie, for than is it very hollesome, onyons, lekes, finally all thynges whiche heateth to muche, kealeth to muche, or drieth to muche, also wraathe,

wraethe, feare, compassion, sorowe, muche studie
or care, muche idelnesse or reste, all thyng that
is greuous to see, to smell, or to heare, but mooste
specially darknesse. Moreover muche dryng of
the bodie, either with long watche, or with muche
care and tossyng of the mind, or with muche
lecherte, or muche eatyng and drynkynge of thyn-
ges that be hot and drye, or immoderate euacua-
cion, labour, abstinence, thirst, goyng in the ayre
vntemperately hotte, colde, or drye, al these thyn-
ges do annoy them that be greued with any me-
lancolie. It is to be diligently considered, that
where melancolie happeneth of choler aduste,
there meates whiche be hot in workyng, would
be wisely tempred, and drynkynge of hot wyues
would be eschewed, semblable cautele would be
in saunders. Not withstandyng moderate vse of
small wyues, clere and well verdured, is herein
very commendable, the humour thereby beyng
clarified, and the spirites clenched, but the abuse
or excesse therof, doeth as muche damage.

Also it is right expedient, to put into wyne or
ale, a gadde of syluer or gold, glowyng hot out
of the fyre, to temper hot meates with roses, vi-
olettes, saunders, rose water, bozage, buglosse,
baulme called in latine Melyssa, or the water of
all thye broken with good wine, white or claret,
or made in a iulep with suger, is wonderful hol-
som, chewyng of lykopsile, or raisins of corance,
is right expedient, but most of al other thynges,
mirth, good cōpany, gladnes, moderate exercyse,
with moderate fedynge. And thus I leane to speke
of dictys, aply belongyng to the.iiii. cōplexions.

THE FOWRTH BOOKE.

¶VVhat cruditee is, and remedies
therfore, Cap, primo.



VVILL SOM=

what write of two discrias
ties of the bodie, which doe
happen by the excelle or
lacke of thinges called not
naturall, whereof I haue
spoken before. The one is
called cruditee, the other
lassitude, whiche although

thei be wordes made of latine, haupng none apt
englishe woozd therfore, yet by the diffinicions
and moze ample declaracion of them, they shall
be vnderstand sufficiently, and from henceforth
vlsed for englishe. But first it shall be necessarie
to consider that concoction is an alteracion in
the stomake of meates and drinckes, accorpyng
to their qualitees, whereby they are made lyke
to the substance of the bodie. Crudite is a vici
ous concoction of thynges receiued, thei not be
yng holely or perfectly altered. The cause the
of is, sotime the dissemperature of the stomake,
somytyme inflammacions, somtyme matter con
geled, or imposthumes in the stomache, others
while ingurgitation of meate and drinke: or for
the vicious qualitee of the same meates or drin
kes, or the receiuyng therof out of order, or lack
of

Conco
ctio what
it is.

Crudite
what it
is.

The cau
se of cru
ditee.

of exercise, or of conuenient enacuacion. Gas-
 len saith, that in cruditee or vicious concoction
 it must be considered, as well if the iuyce be vi-
 terly corrupted, and may not be sufficiently con-
 cocte, as also if it be in the waie of concoction,
 for if it be corrupted, it must be expelled by sweate
 or brine, if it be halfe concoct, than must suche
 thynges be ministred, as maie helpe to profite
 concoction, hauyng regard to the qualitee and
 temperaunce of the iuyce, that is to saie, whe-
 ther it be thicke or thinne, fleumatike or chole-
 rike: whiche shall be perceiued by the diete pre-
 cedyng, and also by other thynges named not
 naturall. for fleumatike meates eaten in great
 quantitee or often, maketh fleumaticke iuyce.
 Likewyse doeth lacke of conuenient exercise, to
 muche rest or idelnesse, as cholerike meates and
 vehement labours dooe make cholerike iuyce in
 Sommer, and melancholyke iuyce in Autumne,
 specially where labours be continuall or long
 durynge. Also where labour is with muche
 sweate, there is the brine moze grosse: where
 it is without sweate, there is it thynner. Moze-
 ouer the colour and substance of the brine de-
 clareth the temperance of the iuyce, whiche shall
 be hereafter declared in the table of brines:
 Semblably the colour of the bodie declareth
 the iuyce that is in it, for beyng whyter than it
 was woont to be, it signifieth aboundaunce of
 fleume, beyng moze pale or yelow, it betokeneth
 excessse of choler, if it be blacker, it signifieth me-
 lancholy, if the yll iuyce be much in quantitee and
 the blood littell, the yll iuyce would be digested

The fourth

and expelled with suche thynges as do serue for that temperature, but if the blud be muche, and the yll iuice littell in quantitee, there would the vaine be opened, and after sufficient bledynge, a convenient purgacion geuen, hauing regarde as well of the quantitee of the iuice, as of the kynde therof, in case that either for age or for tymorousnesse, a man will not be let blood, than must he be purged by sieg in more abundance: But if he in whom is littell good bloude, and muche yll iuice, and feeleth a lassitude or wearinesse in all his bodie, he should neyther be let blood, nor receiue purgacion, nor yet labour or walke muche: but abide in muche quiet, and allowe to sleepe muche, and receiue suche meates drinckes and medicines, whiche doeth extenuate or make thynne, cutte, and digest grosse humors, without vehement heate, wherof it is written in the table of digestiues: in the number of whom is oxymell, beyng well made, or Acetosus simplex, where the iuice is muche cholerike or melancholicke. Semblably, capers with oyle and vinegar be praised of Galene. When there appeareth in the brine a residence lighte and white, than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuice, and prouoketh brine, than increase fricacions and exercise by littell and littell, and than let hym retourne to his naturall diete. In whom is abundance of rawe iuice, and outwardly feeleth a lassitude, to theim Galene counsaileth, the second or thyrde daie to geue Metch, wher-in Slope is boyled, and afterwarde to vomite.

The

Galē su.
liber. 6.

The meane to escape cruditee, is to be diligent in obseruation of the counsels before written, concerning the thinges called not naturall, not muche vsyng meates that be very harde to concocte, also fatte meate, and meates long kepte, also corrupted or stinkyng, swete fructes, and bankettyng dishes, hasty fedying without good chewyng, also muche or very ofte drinckyng at meales, very muche heate, or very muche colde after meate.

Furthermoze it must be considered, that all thynges which byngeth grefe to the body, is ingendred either of to muche abundance of iuyce, or of the vicio⁹ qualitee therof. He that is sicke of abundance, the diet of hym wholly consisteth in reducyng the iuyce to a conuenient quantitee. He that is grieued with the vicious qualitee of the iuyces, his order resteth in makyng the iuyces equall in temperature. Moze over, where that whiche passeth out of the bodie, is lesse then that which is receiued into the bodie, there happeneth sickenesse, whiche commeth of abundance. In the whiche case it ought to be diligently foreseen, that there be obserued a conuenient meane of meates and drinckes, in respect of that whiche is expelled out of the bodie, whiche mate be doen if the quantitee of eche of them be wisely considered. And where abundance is, there the quantitee or qualitee, or both be rep^{re}sed. Alwaie remember, that of crude iuyce be diuers kyndes, some be colde and fleumatike, some be hotte and cholericke, other be moze thin and wastrie, some of blake choler or melancolicke. They

The fourth

Eetius
sermo:
ne. 9.

whiche do abound in any of them, must absteyn
from suche meates and drinckes, whiche doe in-
gender suche iuice as doeth annoie them: those
meates and drinckes be declared in tables prece-
dyng. Aetius also would that he should drinke
a draught of cold water, affirmyng, that therby
the stomacke beyng corroboreate, driueth out of
him downe into the bealy, that whiche cleaueth
fast to it. I my self vsyng to drinke fastyng, ve-
ry small bere or ale, whan I haue been in that
case, haue founde ease by it. Paulus Aegineta
willeth, that at the beginning, the legges and ar-
mes shuld be rubbed with a course linnen cloth,
the legges downward to the fete, the armes to
the toppes of the fingers, and whan thei be well
chaufed, than to rubbe them againe with some
oyle, that doeth open the pores, and discusse the
vapors, as oyle of camomill, oyle of anete, and
other lyke he praiseth muche Husle, or the wa-
ter of hony, specially if some Zscope be boyled in
it. Galen, and al other do agre, that in this case
pepper bruised and eaten with meat, is very ex-
pedient: And where there is muche wynd in the
stomake, than to eat all tymes of the day of the
medicne made of the thre kindes of pepper, time,
anise seede, and hony clarified, whiche is called
diatricon pipercon, or that whiche is called dia-
spolitricon, or diapiganon, whiche is made of
cummine steeped one day and a night, or longer
in tart vineger, and after fried or laid on a bur-
nyng hotstone, and made in powder, also pepper
and rue dyed somewhat, and made into poulder,
all in equall porcions, and myxt with clarified
hony,

hony, Galen addeth thereto salt peter, called in
latine Pierum. The confection made with the
suice of quinces, and is called Diacytoniten, is
very excellent. But it is to be diligently noted,
that where crudite is in a cholerike persō, there
would the said medicines be temperately vsed,
and the said diacytoniten, to haue littell or no
spices in it. And for my part, beyng of a colerike
humour mixt with fleume, many yeres continu-
ally in cruditee, I neuer found any thing better
then fine Reubarbe chewed with raisons of co-
rens, whiche I toke by the counsaile of the wor-
shipfull and well lerned phisicion, maister do-
ctour Augustine, who in his maners declareth
the gentilnesse of his ancient blood, whiche me-
dicine I do not leaue to vse daily fastyng, when
I fele some cruditie to beginne. Also syrope acco-
tose, that is to saie, sugar sodden in pure byne-
ger, and littell water, vntill it be thicke as a sy-
rope, is somtyme conuenient, and that as well
to cholerike persons, as vnto fleumatike: and
if fleume be aboundaunt, than with rootes and
seedes of fenell and persely sodden with it. Al-
so in that case Drymell, that is to saie, honie
and water sodden together, with the said roo-
tes and seedes, and a quantitee of byneger put
thereto in the boilyng, is very commendable. If
the patient be very costive, than the medicine of
Galene, called Hierapicra, from haife an ounce
to an ounce, taken in water of hony or ale, or
taken in pylls the weight of a grote, and a
halfe, or two grotes, if the stuffe be good, will
pouрге the bodie sufficiently, without makyng
the

X3.

The fourth

the bodie weaker. Also that medicine by cleyng
syng the stomacke and bodie, deliuereth a man
and woman, from many perillous sickeneses.
If the humors in the stomake be not putrified,
but that it is greued with abundaunce of salt
fleume, I haue found, that mylke new mylked,
wherein is put a quantitee of good hony or su-
gar, and thre leaues of good speare myntes,
and a littell boyled, so beyng dronke warme fa-
sting, the quantitee of a pynte, and resting on
it, without eatyng or drynkynge any other thyng
the space of thre houres after, haue abundantly
poured and comforted the stomake, but where
there is no fleume, but onely choler, it is not so
holisome, but rather hurteth, makynge furiositi-
ees in the head, whereof commeth head ache.

Of distillacions called commonly reumes,
and of some remedies agaynst
them right necessary. ca. 2.

FOR as much as at this present tyme in this
realme of Englande, there is not any one
more annoyauce to the helth of mans bo-
die, than distillacions from the head cal-
led reumes, I will not let to wryte somewhat of
them, whereby men may take benefite if they
wyll, although some phisicions, more conside-
ryng their market, than their duetie to god and
their countrie, wyll be neuer so muche offended
with mine honest enterpryse.

Distillation is a droppynge downe of a ly-
quide matter out of the head, and fallynge either
into

into the mouthe, or into the noſethpylles, or into
the eies, and ſometime into the chekes and eares:
that whiche falleth into the mouthe, is receiued
of the throte into that part, which is the inſtru-
ment of the voyce, whiche at the firſte maketh
hoarſeneſſe, and in proceſſe of tyme maketh the
voyce littell, and vnneth to be heard. And if the
reume be ſharpe, it raſeth the inner ſkinne of the
throte, and ſometime it doeth exulcerate the lunges.
If it doeth fall into the ſtomake, the reume
beyng cold, it altereth the bodie into a colde diſ-
temperance, if it be hot, it maketh a hot diſtem-
perature, and doeth ſometime exulcerate in pro-
ceſſe of tyme: And at the beginning abateth ap-
petite, and maketh feeble concoction. The colde
reume, maketh concoction ſlow, and alſo crudis-
tee, and ingendreth ſowre fumes in the mouth.
If it be corrupted, it tourneth alſo noxiſhment
vnto corruption, whiche maketh vpbaidynges
fumiſhe or ſharpe, or of ſome yll qualitee, which
can not be expreſſed. If the matter do diſcend low-
er, it tormenteth the guttes called ſciunum and
colon, and toucheth other veſſels, from whence
procedeth digeſtion. In this diſeaſe, ii. thinges
are to be provided for, firſt to let that the reume
doe not diſtyll into the ſaid places, or if it hath
dooen, that it be ſhortely expelled from thence.
Firſt to let that it ſhall not diſtyll, it ſhall be ne-
ceſſarie to eat ſome meate the ſooner in the mo-
nyng, if there hath not preceded replecion.
Where the temperature of all the bodie is cole-
rike, & the ſtomake is weake, the ſtomake wold
be made ſtrong with ſuche thynges as of their
prou

The fourth

propertee dooe comfort the stomacke, forseene that they be moderately colde and moyste: And that whiche is alreadye fallen into the stomacke, must be expelled with vomite or sieg, prouoked with wormewood stieped all one daie and a night in a lictell small white wyne, or small ale and skale, whiche hath vertue onely to wype away the fylth from the stomacke, but if it be sucked deepe into the fylthes of the stomacke, than is it better to take the medicine called Therapicea, either in powder with drinke warmed, or els in pylls, to the numbze of. v. or mo in the morning. vi. houres before any other meat or drinke taken, afterward to noynte the mouthe of the stomacke with oyle of Mastike or Sardinum temperately warme. Alwaie if a hot reume doe fall into a hotte stomacke, then meates and drin- kes whiche be colde in vertue would onely be vled, where the stomacke is distempered with heate, and the reume distilleth into a cold head, there is the discrasse hard to be cured: And they whiche be so affect or diseased, must take suche thynges as maie dissolue the fleume, and cleanse the stomacke without heatyng thereof, of the whiche vertue we knowe Oximell to be of.

CIf the stomacke and head be bothe distempered with colde, than must be vled meates drin- kes and oyncementes, whiche onely be hotte, and vtterly to forbear all that is colde.

By these distillacions or reumes happeneth many other greuous diseases, besides those wherof I haue spoken, as in the head whirlynges, called in latine Vertigines, sodeine couns- dynges,

dynges, falling sicknesse, wses, stinkyng of the
nose, called Polypus, sores in the mouth, tooth
ache, pinne and web in the eies, dulnesse of he-
ryng, quinces, frettyng of the bowels, with flux-
es, shortnes of breath, grieve in the hert, palfes,
ache in the muscules and ioyntes, wherfore it
is not to be neglected. And I do much meruail,
that our phisicians do not more studiously pro-
uide therfore remedies. I my selfe was by the
space of foure yeres continually in this discri-
ssie, and was counsailedd by diuers phisicians
to keepe my head warme, and to vse Diatrion
piperion, and suche other hotte thynges as I
haue reherseed: at the last felyng my self verry fe-
ble, and lackyng appetite and slepe, as I hap-
ned to read the boke of Galen, de temperamen-
tis, whiche treateth De inequali temperatura,
and afterward the. vi. boke, De tuenda sanita-
te, I perceiued that I had been long in an er-
rour. wherfore firste I did thow awaye my
quilted cappe, and my other close bonettes, and
onely did lye in a thynne coyse, whiche I haue e-
uer sens vsed bothe wynter and sommer, and
ware a lyght bonet of beluet onely, than made
I orymell after the doctrine of Galene, sayyng
that I boyled in the vyneger rootes of persely
and fenell, with endiue, cykozie, and betayne,
and after that I had taken it thre daies conti-
nually, euery daie thre spones full in the morn-
yng warme: than toke I of the same orymell,
wherin I had infused or steeped one dramme of
Agarike, and half a dramme of fine Reubarbe,
the space of. iiii. daies and. iiii. nyghtes, whiche I

The fourth

received in the morning, eating no meate fyve
howres after, and that but a littell brothe of a
boyled henne, wherof insued eight stooles abun-
dant of choler and sicke: soone after I slepte
soundely, and had good appetite to cate. after
supper I would either cate a fewe colyander ses-
des prepared, or swalowe downe a littell fyne
mastrix and forbare wyne, and dranke only ale,
and that but littell and stale, and also warmed.
And somtyme in the morning wold take a par-
fume of Stozar calamita, and nowe and than
I would put into my nosethylls eyther a lease
of grene laurell, or betain, or water of maicram
hysled, whiche caused the humour to dyspell by
my nosethylls. And if I lacked storax, I toke
for a parfume the ryndes of olde rosemary and
burned them, and held my mouth ouer the fume
cloasynge mine eyes: afterward to comfort my
stomake and make it strong, somtyme I would
cate with my meate a littell white pepper grosse
brysed, somtyme Galens electuarie made of
the iuyce of quynces, called Diacrytonites, som-
tyme marmalade of quynces, or a quince rosted.
And by this diete, I thanke almightie god, vn-
to whom onely be geuen all glozie, I was re-
duced into a better state in my stomake and hed,
than I was. xvi. yeres before, as it maye appere
vnto them, whiche haue long knowen me.
¶ And this haue I not written for vaine glozy
or of presumption, but to the intente that they
whiche haue their bodics in lyke temperature
as mine was, that is to saie, beyng choicrike of
complexion, and hauyng reumes falling out of
a hotte

a hotte head, maie if they list assaie mine exper-
ence, or in the steede of my saied infusion, take
Hierapicra, with ale or water to pouрге them,
whereof shall not insue so muche peryll, as of
corrupted Syropes, and other confections cal-
led Magistrales, made with olde rotten drug-
ges, though the physicions be neuer so well ler-
ned. In bodie of other temperature, I would
not that mine experience shold be practised but
with discrecion, temperyng the medicine, as the
qualitees of the stomake and heade do require,
remembryng alwaie, that hot reumes be thinne
and subtil, colde reumes be for the more parte
thicke. Also that they whiche be thinne, would
be made thicke, that they perce not so fast. And
that they which be thicke, would be made thinne,
that they may the soner be purged. Finally this
dare I affirme, that the reumes, whiche of late
time haue been more frequent in this realm, then
they were wont to be. xl. yeres passed, haue hap-
ned of none occasion more than of bankettyng
after supper, and dzynking muche, specially wine
a littel afore slepe. An other thyng is the keep-
ing the head to hotte or to long couered, whereby the
braine, whiche is naturally colde, is distempred
with hot vapors ascendyng from the stomake,
those same vapours beyng let to euaporate or
passe forth out of the head, and therfore be con-
crete or gathered into humour superfluo^s, whi-
che stiketh downe estones out of the head into
the places before reherfed. Yet now a daies if a
boy of. vii. yeres age, or a yong man of. xx. yeres,
haue not, ii. capes on his hed, he and his fren-
des

The fourth

des wyl thinke that he make not continence in health. And yet if the inner cappe be not of velvet or sattyn, a serving man teareth to loose his credence. A person by ear or parish priest, by vsing their velvet cappes embroudred with laces, doe make some men thinke that they be ashamed of their crownes, that reuerende token of the order of priesthoode, the whiche notable abuse, I muche meruaile that the bishops wyl suffer, specially thei whiche haue had leysure to reade the woorkes of saint Cipriane, sainte Hierome, Chrysostomus, sainte Ambrose, and sundrie decrees made by the olde fathers, concerning the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth or minisheth not a littell in priestes, the estimation of their condicions. Salomon confirming the same, sayng: The garmēt, the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intend to speke more abundantly of it, if it be not the sooner amended. Nowe to conclude, as long as the said occasions continue, so long men shall not be without reumes, although they were all perfect phisicians.

By vvhat tokens one may knowve vvher
ther the stomake and head be
horte or colde.

Now to retourne to the remedies against
the saied annoyance, wherof hapneth so
many great sicknesses, I will be bolde to
write

Wryte a littell out of the woꝝkes of the most famous and expert phisicions. First the cause of the reume must be digested, after expulsed, thirdly diuerted, that is to say, tourned from the eies or throte, into the nose, from whence it maie be moꝝe easily pouꝝged. Fourthly it maie be stopped, that it shall not distyll. In hotte distillacions the head is very hotte in feeling, the reume beyng in the mouth is thinne and warme, the tongue or cheekes within blistered, the face somtyme redder than it is accustomed to be, somtyme a burning within the nose. To them whiche haue this hotte reume, maie be geuen the seeds of white poppy. Diacodion made of the heades of white poppy and raine water. Amylum with mylke, if there be no feuer, penidees, malowes, orange, gourdes, and spynage, boyled and eaten with oyle of almondes, syrope of violetttes, nemipher, or the wine of swete pomegranates, the water of a great cucumber, boyled with a littell sugar, beyng dronke, doeth mitigate choler, stoppeth the reume, and easily looseth the bealy, the seedes of mylons braied in a moꝝter with water, and strayned with soft bread, haupng sugar put to it, maketh an excellent good mead against the hotte reumes, plaisters made of barley bruised, violetttes, poppy, and camomyl boyled in water, wherein sponges or linnen clothes beyng dept, should be layed on the head, and the genitoꝝies or legges therewith washed. If the sicke man can not sleepe, than the saied partes with the bealy and foundement shall be poincted with the oyles of violetttes and Nemi-

phar,

phar,

The fourth

phar, the sauiour of camphar in roſewater with violettis is good in that caſe. Galene exhorteſeth and I haue proued, that in a very hotte reume, whiche hath ſtylled faſte, the poueryng of colde water vpon ones heade hath ſtinted the reume. He that is therein diſeaſed muſt excheuwe goeyng in the ſunne; or to come nigh a great fyre, or to ſtande or be long couered, or to weare muche on his head, he muſt reſt muche, and prouoke hym ſelfe to ſlepe a nyght, but not very long, and to lye on the one ſyde on a hard bedde; hauyng his head high, alſo rubbing of his legges befoze meale is very hoſome. Colde reumes be perceiued by coldneſſe of the humour and head with paleneſſe of the vyſage, all colde thynges increaſyng the reume. Theſe thynges are good againſt it, the decoction of rior with honte and rayſons, fylberd nuttes toſted caſten after meales, nothyng is moze hoſome then abſtinence, ſpecially in the euenyng, they whiche haue it, muſt beware of Northern wyndes, the moonenſhyn by nighte, waſhyng in colde water, and to be long bareheaded. The ſeedes of Figella a littell toſted and put into a piece of thynne ſarcenet and ſmelled vnto, ſtoppeth the reumes.

¶ Sleepyng in the beginnyng of the reume is diſpraiſed of Galen, but after that the matter is digeſted, it is very hoſome: that mate be made with leaues of laurell or treyn put into the noſethyſis, the iuice of colewortes, the rootes of red beetes, water of Maioram. A pretty medicine for that purpoſe proued. The wyce of yong beetes
and

and Mafozam of euersichz one ounce, good white wyne eight ounces, saffron the weyght of two pence, that beyng hatte and taken in the mouthe, shall be drawen vp with breath to the place, whereby the distillation falleth out of the nose into the mouthe. And if the reume doe distyll into the cheekes and teeth, I haue proued, that the iuyce of ground Iuie, and that herbe whiche we call House eare, taken within a quyll into the nosethpylles, oftentymes purgeth exceedingly the reume, and taketh away the ache of the teeth.

Gargarisynge, if it be not discretely vsed, may do moze harm than good, byrning doune much the abundance of matter vndigested, but taken in order with water, hony, and pepper, or with Slope and figges boyled in white wyne, and taken very hot in a gargarise is right conuenient.

For compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyll by the leaue of physicions conclude this chapter with an excellent medicine against the saied passion, whiche is wzitten of an honorable physicion of late yeres, whiche medicine also maketh teeth faste whiche be loose, and also stoppeth the superfluous bleeding of gummes, wherewith the breath is made vnclauerie. Take the ryndes of Caper rootes, the rootes of brembles, whiche dooe beare blacke bearies, the flowers of pomegranates called Balauitia, of euery of them, the weight of two ducates, pelvtozie of Spayne one ducat, seede of white henbane, the ryndes of mandrage, of euery of them

The fourth

theim one ducate and a halfe, spourge of the gardeine one handfull, alume of the rocke two Ducates, boyle all this in white wyne oz clarette, whiche is very rough in taste, and straine it, therewith let the patient oftentimes washe his mouth. Albeit I will counsaile theim, whiche wyl take this medicine oz any other, firste to pouрге the cause of the reume, as before is rehearsed, oz in any other wyse, as they shall be counsayled by well learned and discrete physicions.

Of lassitude. Cap. 3.

Lassitude is a disposition toward sickness, wherein a man feeleth a sozenesse, a swelling oz an inflammation. Sozenesse happeneth of humours sharpe and gnawing, as after great exercise and labours, whiche lassitude hapneth to them, whose bodies are full of yll iuice and excrementes. Also after cruditee in them whiche are not exercised, oz do abide long in the heate of the sunne. It may also be in the bodie, wherein is good iuice, if he be fatigate with immoderate exercise. In them, whiche doe feele this lassitude, the skyn appereth thicke and rough, and there is felt a grieve somtyme in the skinne onely, somtyme also in the fleshe, as it were of a soze. The cure therof, is by much and pleasant rubbing with swete oyles, whiche haue not the vertue to restraine oz close, & that with many handes, and afterward to exercise moderately, and to be bayned in water swete and temperate.

Aetius.
lib. 3.

Galē. de
tuenda
sanitate.
lib. 3.

temperate in heat, also than must be geuen meates of good iuyce, potage but seeld, wine is not to be forboden, for vnto wine vneth any thyng may be compared, that so well digesteth crude humours: it also prouoketh sweate and vrine, and maketh one to sleepe soundly. But if this lassitude do abste the night and daie solo wyng, or waxeth moze and moze, than if the pacient be of good strēgth and yong, and hath abundance of blood, let him be let blood, or prouoke the hemoroides or piles to blede, if they do awere. But if it procede of the malice of any humour, without abundaunce of blood, than resoꝛte to purgacions, apt for the humour that greueth. The tokens wherof shall awere aswel by the colour of the skynne and diete precedyng, as by vrine, ordure, sweate, thyrist, and appetite, as it is resherfed befoze in the complexion. If the yll blud be littell in quantitee, and the crude humours abundant, than shall he not be let blood, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carieth humours throughtout all the body, and stoppeth the powers. Wherfoze these maner of persons should be kept in reste, and suche meates drinckes and medicines shold be geuen to them, whiche should attenuate or dissolue the grosnesse of the humors, without notable heate, as oxymell, barley water, and mulse, if the pacient abhorre not honye. And for as muche as in the said persons commonly there is aboundance of wynde about their stomakes, therfoze pepper, specially long pepper, or white, is very conuenient to be

The fourth

blesed, and the medicine before written, called diaspolicum. When the humours are dissolved, than is it good to drinke white wyne, or smalle claret wyne moderately.

Lassitude extensive. Cap. 4.

VWhen one thinketh that he doeth feeble a swellng or bollng of the bodie, where in dede there doeth not appere in sight or toucheng any swellng, that is called lassitude extensive, if it hapneth without exercise or vehement movng. This doeth hapen of excessive multitude of humours, whiche doe extend the muscullcs or fyllettes. In this no soreness is felt, but onely an heavynesse with extensyon or thurstng out of the bodie. And because that there is abundance of blood in the bodie, best remedie is to be letten blood about the elbowe or ancle, after to be purged, than to vse soft fricasies with oyles afore rehearsed, afterward much rest and temperate bathes, and meates lackeng sharpenesse, and beynge abstensive.

Lassitude vvith the felyng of inflammation. Cap. 5.

If without any movng, the muscullcs and flesh rise vp in the bodie, as it swelled, with great paynes and excedyng heate, than soone after foloweth moste hottest fevers, except it be prevented by lettynge of

of bloud and that in abundance, and almost to
sownyng, but it were moze sure to be let bloud
twise in one date, the firste tyme without sow-
nyng, at the next tyme sownyng is not to be fe-
ared. If the grieve be in the necke or head, the
bloud must be let of the veynz called Cephelea,
or the shoulder veine. If it be in the bulke or bp-
permoste part of the bodie, than must the veyne
be cutte, whiche is called Basilica, or the inner-
moste veyne. If all the bodie be greued, than
cut the veyne whiche is named Mediana, or the
middell veyne. If a feuer remaine after bloud
lettyng, than order hym with the diette of them
that haue feuers, whiche ye shall fynde wytten
hereafter. If no feuer remaine, than vse moder-
ate freicassies, and littel eatyng, and that of mea-
tes hauyng good iuyce, increasyng by littell and
littell to the naturall diette.

Diete of them that are ready to fall
into sicknesse. Cap. 6.

NOW to retorne effsones to speake of diet
it is to be remembred, that they, which are
redy to fal into diseases, they are prepared
thervnto, either by replecion of superfluo-
us humours, or els by cruditee or malice of hu-
mours which are in them. As touching the first,
the generall diette must be suche, as thereby the
humours maye be attenuate, and by conuenient
euacuacion, brought to a moderate quantitee.
As for the seconde must be corrected with mea-
tes and drynkes of contrarie qualitees, hauyng
M iiii alway

The fourth

Alwaie respect to the age of the person, tyme of the yere, place of habitacion, and moſte ſpecially the vniuerſall complexion. for choler offending in an olde manne, in winter tyme in a colde countreie, or the perſon beyng of his naturall complexion, fleumatike or melancholie, would not be ſo aboundantly expulſed or ſubdewed, as if it be in one young and luſtie, in the hotte ſommer, in the countreies, where the ſunne ſeruently burneth, or the perſon of his proper nature is very cholerike. And in likewyſe contrarie. Wherefore euerie man, knowyng his own naturall complexion, with the qualitee of the humour that offendeth, let hym make temperaunce his chiefe coke, and remembryng that whiche I haue beſore declared, or dayne to him ſelſe ſuche diete, as maie reſourme the offence with none or littell annoiance to his vniuerſall complexion. And if he can ſo do, he ſhal happily eſcape, not onely diuers ſickneſſes, but alſo the moſt pernicious danger, procedyng of corrupted drugges or ſpyces, whereof ſome couetous potycaries do make medicines, maugre the heaues of good and well lerned phyſicians.

Sickneſſe moſt common to particuler times of the yere and ages. Cap. 7.

Although I do not intend to write of the cure of egritudes or ſickneſſes confirmed as wel becauſe it might be reputed in me a great preſumption, as alſo for as muche as it were very perillous, to diſculgate that
noble

noble science, to common people not lerned in liberall sciences and philosophy, whiche be required to be sufficiently in a physician. And moreover, many bookes of Hippocrates and Galene ought to be radde, before that one dooe take vpon hym the generall cure of mennes bodies: yet not withstanding, I truste I make without any note of arrogāce write, what diseases doe most commonly happen in sundrie tymes of the yere and ages of men and women, with some significacions, wherby the discriasie or distemperature of the bodie is perceiued, to the intent that the physician tryng farre of, may be truly informed, considering that brines far caried, do often deceiue them, and likewise lack of the sighte of the patient, and inquisition of thynges, whiche do preceede or folowe the sickness. And with this I truste none honest and charitable physician wyl be offended, but rather geue to me thankses for my diligence, in the aduancing of their estimation, which by lacke of perfect instruction hath been appayred.

Sickneses of spring tyme.

T Diseases procedyng of melancholy, as madness, falling sicknesse, bleedynge, quynces, poxes, hoarsenesse, cowghes, icpyses, scabbes, ache in the ioyntes.

Sickneses of sommer.

Many of the sated diseases, also fevers continuall,

The fourth

Intual, hotte feuers, feuers terelane, quartains, vomytes, flyres, waterpynge of eyes, peynes of the eares, blysters and soares of the mouth and sweattynge.

Sickneses of Autumne.

Diuers of sommer sicknesses, also opphlacions of the splene, droopies, consumptions, strangulions, colstruencesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowels, fallynge sickness, and melancolike diseases.

Sickneses of wynter.

Stitches and griefes in the sides, inflammation of the lunges, reumes, coughes, peynes in the brest, sides, and loynes, head ache, and palseis.

Sickneses hapnyng to chylzen.

Whan they be newe borne, there do happen to them sores of the mouth called Aphte, vometyng, coughes, wateryng, fearefulnesse, inflammacions of the nauell, moysture of the eares.

Whan they bryde teeth, itchyng of the gummies, feuers, crampes, and laskes.

Whan they waxe elder, than be they greued with kernels, opcnnesse of the mould of the hed, shortnesse of wynde, the stoane of the bladder, wormes of the bealy, waters, swellynge vnder the chinne, and in England commonly purpilles, measeles, and small pockes,

Sicknes

Sicknesse hapnyng to yong men
from. xiiii. yeres of age.

Feuers cottidiane, terciane, quarteyne, hotte
feuers, spitting or vometyng of bloud, pleures
ties, diseases of the sydes, inflammation of the
luniges, lethargies, franisie, hot sicknesses, cho-
lerike passios, costiuenesse of vehement laches,

Sicknesses of age.

Difficultee of breath, reumes with coughes,
strangulion, and difficultee in pissyng, ache in
the ioyntes, diseases of the raynes, swimmyng
ges in the head, palseies, itchyng of all the bodie,
lacke of sleepe, moysture in the eyes and eares,
dulnesse of syght, hardnesse of hearyng, tis-
sicknesse, or shortnesse of breath.

Although many of the saied sicknesses dooe
happen in euery tyme and age: yet because they
be mooste frequent in the saied tymes and ages, I
haue written them, to thentent that in the ages
and tymes most inclined vnto them, suche thinges
mought be than eschewed, whiche are apte
to ingender the saied diseases.

The generall significacions and tokens of sicknesse. Cap. 8.

If the bodie be hotter, colder, moyster,
drier, leaner, fuller, the colour moze pale
or swarte, the eyes moze holow than is
accustomed to be, it signifieth that the
body is disposed to sicknesse, or already sicke.

Ch

The fourth

The braine sicke. { Raupng.
Forgetfulnesse.
Fantasie.
Humours commyng from
the rouse of the mouth,
the eyes, the nose, or the
eares.
Watche.
Sleepe.

The heart sicke. { Difficultee of breath.
Tremblyng of the
hert.
Beatyng of the pulse.
Feuers.
Colde.
Diuersttee of colours.
Griefe aboute the
hert.

The lyuer sicke. { Lacke or abundaunce of
humours.
The fourme of the bodie
altered.
Palenesse.
Concoction.
Digestion.
Alteracion of excremen-
tes accustomed.
Peyne in the place of the
lyuer.
Swellyng.
Difficultee of breath.
The

Concoction slowe of
guycke.

Appetite of moyst or dry,
dull or guycke.

Separacion of extremer
tes moyst or hard with
theyr colours.

The stomake sicke.

Yerping.

Belking.

Stometyng with payne
and difficultee of bꝛeth.

Urine much or litel with
the colour and substance
to redde or to pale, to
thicke or to thynne.

The bꝛeast sicke.

Difficultie of bꝛeth.

Cough.

Spitting.

Peyne in the bꝛeast.

This haue I wꝛitten, not to geue iudgment
therby, but only for the pacient to haue in a res-
dines, to thintent that what so euer he feleth or
perceyue in euery of the saied thynges, therof
to instruct his phisicion, wherunto he maie ada-
pt his counsaile and remedies.

Of vrines. La. 9

Forasmuch as now a daies the most comon
iudgement in sickenes is by vrines, which
beyng far caried or much meyed or stāding
longe

The fourth

longe after that it is made, the fourme therof is so altered, that the phisicion shal not perfectly perceive the natural colour, nor cōtentes, although it be neuer so well chaufed at the fire, as Actuarius and other great lerned men do affirme. I wil therfore somewhat speake of brines, not so muche as a phisicion knoweth, but as much as is necessary to euey man, for to perceyue the place and cause of his griefe, whereby he maye the better instruct the phisicion.

First in brine, foure thynges are to be considered, that is to say, the substance, the colour, the regions or partes of the brine, and the cōtentes or thynges therein cōtained.

Also forasmuche as in the body of man bee foure qualities, heate, colde, moysture, and dryeth, two of theim, heate, and cold, are causes of the colour, dryth and moysture are causes of the substance.

Proouer in brine, lying in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the brinal, containing the spaces of two fingers or litel more. The middel region, from whence the lowest ended vnto the cerkle. The highest region is the cerkle.

The highnesse of the colour signifieth heate: the pale, blacke, or grene, signifieth cold.

Also the grossenes or thickenesse of the brine signifieth moysture, the clerenes or thinnesse, signifieth dryth.

The colours of brines.

C olour of bright gold.	} Descrip- tion.
C olour of gilt,	

Red.

Red as a red apple or chery.
 Pale redde, lyke to bole ar-
 menake, or saffron drie.
 Redde glowyng lyke fyre.

} Excesse of dys-
 gestion.

Coloure of a beastes lyuer.
 Coloure of darke red wyne.
 Grene lyke to colewortes.

} Adustion of hu-
 mours.

Leaddey colour.
 Blacke as ynke.
 Blacke as horne.

} Feblenes or mortificatio
 of nature, except it bee in
 purgeyng of melancoly.

White clere as water.
 Gray as a horne.
 White as whay.
 Coloure of a camels heare.

} Lacke of diges-
 tion.

Pale lyke to broth of
 fleshe sodden.

} The begynnyng of di-
 gestion.

Citrine colour or yelow.
 Subcitrine or paler.

} The middell of di-
 gestion.

Whyte and thynne betokeneth melancoly to
 haue dominion.

White and thicke signifieth fleume.

Redde and thicke betokeneth sanguine.

Red and thynne betokeneth choler to haue the
 souerayntie.

The

The fourth
The substance of the
vryne. Ca.10.

At the first pissyng, all vrines well nigh
do appere thinne, as longe as thei abide
warine, for naturall heate, duryng the
time that it preuaileth, suffreth not that
the lycour, which is the substance of the vrine,
to congele or be thicke for any occasion: but af-
ter that heate is goone, some vrynes shortly,
some a longer time after, waxe thicke. Likewise
some tyme, some are pyssed thycher, and after
wax clere, some remaine still as thei were made,
some bee metely thicke, as they were troubled,
some very thychke and grosse. They that waxe
clere, some doe gather that, whiche is thicke into
the bottome of the brinall: some remaine trou-
bled, the grossenes not withstanding gathered
in the bottom. Semblably the diuersitee of thin
or subtyll vrines, must bee perceiued, that is to
say, that some are very subtyll as water, some
lasse subtyll, some in a meane betwene thychke
and thinne.

If thynges conteyned in the vrine, some do
descend downe to the bottome, and be called in a
greke word Hypostasys, in englishe some call it
the groundes, some the residence, whiche if it be
white, lyght risyng vp from the bottome of the
brinall, lyke a pearce, it signifyeth helth, if it be of
any other figure or colour, it betokeneth some a-
noyance. If like thynges be scene in the middell
of the brinall, they be called subliacions, if they
approche vnto the hyghest region of the vryne
the

they be named cloudes, in latine *Nebula*. The groundes or residences not perfect, some is lyke littell red betches, and is called in latine *Diosbea*, some is lyke to branne of wheate ground, and seuered from the meale, and is called *brannie* residence, in latine *Furfurea*, some be lyke vnto plates, haupng bredth and length without thichnesse, and maie be named platie residence, in latin *Lamina*, some is lyke to meale, wheate, or barley, and maie be named mealy residence, in latine *Similacea*.

There is also seen in the brine lyke to white heares, some longer, some shorter, somtyme lyke to ragges, somewhat redde. There is also scene in the vppermoste part of the brine, somtyme a some or froth, somtyme belles or bobbles, somtyme there swymmeth in the brine a thyng lyke a copwebe, otherwhile there is about the cercle, as it were the rentyng of clothe, somtyme there is in the brine lyke motes of the sunne, somtyme lyke the matter of a soze, otherwhile like the sede of a man, also grauell or sande. And in these thynges maie be diuers colours, some white, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this muste be diligently marked, and therof separatly to aduertise the physicion, vnto whom I referre the iudgement of the sickenesse, for the cause afoze reherced, and for as muche as the iudgement of them is very subtil.

Semblably of ordure, whether it be verie thinne or very thicke: what other matter issueth out with it, what colour it is of, the sauour

R

very

The fourth

very great littell or none, if it were easylie ex-
pulsed, or peynefully, howe oft or howe sel-
dome.

Whereouer of sweate, what colour it is of,
and of what saour, if in tastyng it be salte,
sour, bitter or vnsauerie.

Also the vomite, if it be of one colour or mas-
se, if it doe smell horrible, of what humour it
had most abundaunce, if it were fastyng, or af-
ter meales, if it were peynfull or easie.

Alykewyle spetill, whether it be thicke or
thinne, or myxt with bloud, or matter corrupte,
accordyngly of the humour issuyng out at the
nose, and if that be bloud, than whether it be
redde, watrie, or blacke.

Whereouer, it may not be forgotten, to aduer-
tise the phisicion of the diet vsed by the patient,
as well afore the sicknesse, as in the tyme of the
sicknesse, his age, the strength of his bodie, his
exercise, and place, where he lengest abode in his
youth, whether it were hie or low, watrie or drie,
hote or colde.

This I truste shall be sufficient to instruct a
physicion: he that desireth to knowe more par-
ticularly hereof, let hym reade the bookes of
Hippocrates, Galene, Rornelius Celsus, Adu-
arius, Paulus, and diuers other late wryters,
for this littell treatise maye not receiue it.

The

The preceptes of the auncient phis-
cion Diocles vnto kyng Anti-
gonus. Cap. 11.

V We will now deuide the body of man into
foure partes, the head, the bulke, cal-
led in latine Thorax, whiche containeth
the breast, the sydes, the stomacke, and en-
trayles. The bray, called in latine Venter, con-
taineth the paunche and the bowelles. Also the
bladder, called in latin vesica, in the which name
is also contained the conduites, by the which ve-
rine passeth. When any disease appoacheth to
the head, these tokens doe commonly procede,
Swimming in the head, head ache, heauinesse of
the browes, soundyng in the eares, prickynge
in the temples, the eyes in the mornyng to water,
or waxe dymme, the smellng is dull, the guma-
mes do swell. When thou seelest suche tokens,
forthwith pouрге the head with somewhat, not
with vehement medicines, but takyng Ilope or
Riganum, and the croppes of them boyle with
white or claret wyne, halfe a pynte, and there-
with gargarise your mouth fastyng, vntyll the
fleume be pourged out of your head: this is the
easiest medicine in diseases of the head. It is
also very holosome to gargaryse the mouth and
breast with honye water, whereinto mustard is
put and myngled, but first the head must be rub-
bed with a warme clothe, that the fleume maye
easily come out of the head. And if these tokens
be neglected, these maner of sickenesses doe fol-
lowe soone after, bleared eyes, and humour let-
tyng

The fourth

tyng the sight, cleftes in the eares, swellnges in the necke full of matter, called the kynges e: uill, corruption of the braines, pſes oz reumes, heuineſſe of the head, and tooth ache.

When the bulke is like to ſuffer any ſickneſſe, it is perceiued by theſe tokens, al the bodie is in a ſweat, the bulke moſt ſpecially, the tong waxeth thicke, the ſpittell is either ſalt oz bitter, oz cholerike, the ſides and ſhoulders do ake without any occaſion, the pacient gapeth often, alſo there doeth happen muche walkyng, ſuffocacions oz lacke of bꝛeth, thirſt after ſleepe, the mynd is vexed with heuineſſe, alſo the bꝛeaſt and armes are very colde, and the handes do tremble. Againſt theſe thynges this remedie may be prouided. After a moderate ſouper aſſaie to vomite without any medicine, vomite is alſo profitable, whiche meate doeth folowe. He that in ſuche wiſe will vomite, let him eat haſtily ſmall radith, rootes, townerles, roket, ſenuy, oz purſlane, and dꝛinke after it a great quantitie of warme water, and prouoke hym ſelf to vomite. He that ſetteth littell by the ſaied tokens, let hym feare theſe ſickenefſes folowyng, the pleuꝛeſie, the ſickenefſes of the lunges, melancholy oz madneſſe, ſharpe fevers, the franſie, the letargie, inflamacion with verꝑyng.

If any ſickenefſe be towarde the bealy, they may be eſpyed by theſe tokens, the bealy is firſt wrapped togiſther, and in it ſelfe is troubled, all meates and dꝛinkes doe ſeeme bitter in taſte, he feeleth heuineſſe in his knees, a ſtiffneſſe in his loynes, a wearineſſe in all his bodie, without any

any occasion, a sleepinesse in his legges, with a
littell feuer: when thou seelest these tokens, moli-
lify the tealy, not with medicine, but with good
order of dicte, for it is best and moſte ſure to vſe
thoſe thynges, whereof lightly may enſue none
annoyance, in the noubre of them are beetes
boyled in water of honye, garlyke ſodden, ma-
lowes, ſozell, mercurie, and all thynges con-
dite in honie. All theſe doe expell the ordure of
the bealie, but if any of the ſaid ſignes dooeth
moze and moze increaſe, the lyquour, wherin the
ſede of Cartham⁹, called alſo Quicus, is boyled,
is a pleaſant and ſure medicine, ſmal colewortes
boyled in a good quantitee of water, the lycour
therof in meaſure two pyntes, ſaupng the thirde
part of a pinte, with hony and ſalt wyng dzon-
ken ſhall proſite muche. Licer, and the pulſe cal-
led in latine eruum, in engliſhe (I ſuppoſe) chyt-
tes, in water dzonke faſtyng, hath the ſame ef-
fecte. To them, whiche ſet littell by the ſaid to-
kens, theſe diſeaſes do ſodenly happen. Fluxe of
the tealy, bluddy flux, ſlippernesſe of the bowels,
peynes in the guttes, ache in the huckle bones,
the feuer tercian, the goutte, the apoplexie oz pal-
ſie in the limmes, hemoroides, akynge of iointes.
¶ When the bladder is toward any ſickneſſe,
it is perceiued by theſe tokens, fulneſſe felt after
littell meate, breakyng wynde downward and
vpward, paleneſſe of colour in all the bodie, he-
mie oz troublous ſleepes, the vrine pale, and paſ-
ſyng forth painfully, ſwellyngeſ about the cod-
des and priuie membres. When theſe tokens ap-
pere, than is it expedient to haue remedy of ome-

The fourth

effeuous thinges, whiche do expell brine, whiche
shall be doen without any perill, with the rootes
of fenell and persely steeped one or two daies in
good white wyne, and to drinke therof fastyng
euery moynyng thre ounces and two drammes,
with the water of wild carrettes, or elicampane,
whiche of these is next at hande, euery of them
haue lyke effecte. Also water wherein the peasen
called in latine *Liceres*, are steeped, byng dronke
with wyne, is lyke commodious: he that negle-
cteth the said tokens, let him loke for these sick-
nesses folowyng, the drop sicke, the greatnesse of
the splene, grieve in the lyuer, the stone, ache of
the backe, or paynes in the raynes, the difficultee
of brine, fulnesse of the bealy. In all these thin-
ges that we haue spoken of, we shall geue to
children mooste easie medicines, to menne, those
whiche be stronger in workyng. This diete of
Diocles, although at this tyme it seemeth not
mooste pleasaunt, nor accordyng to the practyse
now vsed, yet byng tempred with that whiche
I haue before remembred, some thyng maie be
found in it, whiche beyng experienced, maie be
as commodious for the helth of mans bodie, as
that diete whiche is moze curious or pleasaunt.

Of them in vvhose stomakes meate
is corrupted. Cap. 12.

They in whom customable meate is cor-
rupted, let them afore that they eate any
meate assaie to vomite, drinkeyng sweete
wyne, absteyn from meate, that ingender
bot

botches, inflamacions, fumouse ructuacions
oz vapours, and take suche as nourishe good
saue, and chose them out whiche doe mollifie
the bealy, and at sundrie tymes take them. It is
also good to take temperately that whiche loos-
seth the bealpe, as the medicine called Bicca,
and to absteyne from suche thynges wherby yll
saue is gathered, and doe ingender sickneses,
hard to be cured oz neuer, as goutes, bone ache,
peynes of the raynes. &c.

Of the vertue of meates. Cap. 134

HE that is studious about the conseruaci-
on of helth, he needeth to know the vertue
of meates. The meate whiche hath vertue
to extenuate, oz make humours subtil, it
openeth the pores, and bringeth forth that whi-
che is fast in the fleshe, it maketh that whiche is
clammy, subtil, and dooeth extenuate oz relens
that whiche is fat, it bringeth forth that whiche
abydeth long in the bealy, but that which is eas-
ten, is a superfluitee watrie and cholerike, and
at length maketh melancolike blood. Wherefore
much vsyng of them is prohibited, specially to
them that are cholerike, and onely serueth for
them that are replete with flume, crude oz vn-
digested humours, clammie oz fatte. The dict of
fattying thynges doeth noysse abundantly, so
that the stomake and lyuer do digest well, meate
of good iuice, maketh good blud, but yet it stop-
peth the lyuer and splene. These do they, which
make fatte humours onely, as the pulse called

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Lenticula, and they that are slymie lyke malos
wes, some doe make fatte humours, and be al-
so slymie, as fyshes with hard shelles. Finally
the diet, whiche doth extenuate and make leane,
is moze sure for keepyng of helth, than that whi-
che fatteth muche. Nourishyng meates would
be therfore moderately vled, whan a man per-
ceiueh hym selfe to haue nede therof, it maie be
mozte surely vled of them that be exercised tem-
perately, and can slepe whan thei list. Thei that
can not slepe by reason of exerceyse, let them es-
chewe fattyng meates, let none ydell person at-
tempt to vle them. In the preseruacion of helth,
Gluggardie is the greattest myschiefe. Lyke as
temperate moouyng is good, so is the meate
whiche betweene thicke and thynne, is to
mans health mozte conuenient, whiche in-
gendreth bloud, accoptyng to the compe-
tent constitucion of mans bodie, and
therfore it is to be cheefly vled. Meate
of yll iuyce is alway noyfull, wher-
fore it ought to be eschewed. Like-
wyle the varietee of meates is
to be obserued diligently, for
it is a greet thyng to couple
well together thynges of
contrarie vertues, for
if they bee not well
digested, that whi-
che is receyued,
maie bynge
dysplea-
sure.

¶ Diete

¶ A diete preseruatiue in the tyme of
pestilence. Cap. 14.

The bodies most apt to be infected, are specially sanguine, next colerike, than flegmaticke, last melancolyke, for in them the humour beyng cold and drie is most vnapt to receiue putrifaction, hauyng also strayte passages, by the whiche venym must passe. The diet conuenient for that time is to absteyne from meates, inflamyng and openyng the poyzes: also from heate of the sunne, from to muche heat or fyre, or garmentes, from euery hot herbe, and muche vse of tart thynges, except onyons and cikhoy or radishe with vinger, for they doe resist against venime, from wyne very fumpyshe, exercise incontinent after meales, from sweating, from all thynges that wyl cause oppilation and putrifaction, from thynges hotte and moist, where moisture hath the dominion in degree, specially being not sufficiently boyled: also from mylke, except it bee in a lyttell quantitee, and that with a lyttell sugar. Fruites and herbes colde and dry, and therewith soure or somewhat bitter, are not prohibited. If ye eate figges, grapes, or swete cherries, eate after them of an ozenge with salt. If ye eate thynges cold and moyst, as cucumbers, melons, fysh the soft and freshe, or damspyns, eate by and by after, some fenel, and ozenge with salt, drynking therewith a draught of good wine. Beware of mustheroms, muche purslane, gourdes, and all other thynges, whiche will soone putrefie: not

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with

The fourth

Withstandyng, I will not forbid eatyng of let-
tyle, with a fewe myntes, or myrte with cyna-
mom All thynges so wyre are commended, as well
in diete conseruatiue, as in that whiche is cura-
tiue or healeth, excepte where there is straitnesse
of the breast, or weakenesse of the stomake, then
ought they to be tempred with sugar, salte, al-
mond mylke, cynamom, pepper, fenell, saffron,
egges, and some thyng that is fat or vntuous.
Lapers are good to be vled with vyneger. These
very fatte and salt, is not commended, no more
is colewortes, or any kynde of pulse, except chita-
tes: great peason, rapes, nor spynache is good.
Also there be forboden rokat and mustard, mu-
che wyne and egges, except they be eaten with
sozell sauce, vyneger or iuyce of ozenges, perse-
ly, and also parsnepes be good. Few wynes be
noryfull, let the meate be somewhat more than
drynke, but yet sustein not to muche hunger nor
thirste, beware of lecherie, of a cloudie weather
and close, eschue muche resort of thyng of peo-
ple, wyndes commyng from fennes or moozes:
from sleepe at none: vse with your meate this
pouder, saunders redde, halfe an ounce, cyna-
mom thye drammes and a halfe, saffron halfe a
dramme. After your meate, eate a littell of cori-
ander seede, well prepared. In the moornyng at a
temperate frye kembre your head backwarde,
clense your bodie and head of all superfluities,
vse also moderate fricasies, with swete parfums
and odours, washe oftentymes your face
and handes with pure vyneger myxt with rose
water. In colde weather myxe it with myntes,
hauyme,

haukme, rue or mirtes, and somtyme with clo-
ues. In hotte sommer with roses or violettes.
Aboue al thynges vse to take white wine good,
white byneger roset, water of roses, in equall
porcions, put therunto a littell setuall, or of the
rynd of a citron, and drinke thereof a littell, and
oftentymes washe therewith your handes and
by sage. Medicines preseruatiue against the pes-
sillence, whiche be alwaie mooste redy, are these,
a fygge with rue, and a walnut eaten fastyng,
also tryakle, or mithridate, to olde men a drāme
weyght, to younge men halfe a drāme, or a
scruple dissolued in byneger and rosewater, or
in water of tozmentyll, scabiose or haukme, if
the plague be in sommer, if it be in wynter, put
to the waters some white wyne. Also the pylls
called commonly Pillule Rasis but in deede
they were inuented by Rufus) are very excellent,
specially if the aloe, whiche is in it, be washed,
and thereunto added a littell Solus armenus,
et terra sigillata. And if the person be of hotte
complexion, a quantitee of corall seede, and red
corall, this confectioned with syrope of citrons,
in colde complexions, or to olde men with white
wyne, vse them euery thirde day, one pyll at a
tyme, three howres or foure afore dyner or sup-
per. If ye take tryakle or Mithridate, absteyne
from meate at the least sixe howres after. A
piece of the roote of setuall, bozne in the mouth,
preserueth from infection. In likewise dooeth
corall chewed fastyng, and the wyche sucked
downe. To pooze men Marsilius was wont
to geue a pisse of bycade steeped in byneger,
with

The fourth

With a peece of an onyon or rue. All thynges
whiche be cordiall, that is to saie, whiche doe in
any wyle comfort the hert, doe resist pestilence,
vehement anger, or heuinesse, be very pernicious.
Other moze exquisite and costely preser-
uatiues, I purposely passe ouer, whiche Mar-
silius, and other physicions do write of abun-
dauntly, for as muche as I desire to be in this
woorke compendious. One thyng I had al-
moste forgotten, that there is no better preser-
uatiue, than to flee from the place corrupted,
betyme and farre of, and to let none approche
you, that hath made their abode, where the
plague is feruent. Moreover, receiue not into
your house any stuffe, that commeth oute of a
house, wherein any person hath been infected.
For it hath been sene, that suche stuffe, lying in
a coffer faste shutte by the space of two yeres,
after that the coffer hath been opened, they
whiche haue stande nigh to it, haue been infes-
ted, and soone after haue dyed. But here I
alwaie except the power of God, which is won-
derfull, and also mercifull, aboue mans rea-
son or counsell, preseruyng or stryking whom,
whan, and where it shall lyke his maiestee, to
whom be glorie and praise euerlastyng. Amen.

¶ THVS make I an end of this treatise, de-
siring them that shall take profite therby, to de-
fend it against enuious disdayne, on whom I
haue set the aduerture, for the loue that I beare
to my countrey, requirynge all honest phisicions
to remembre, that the intent of my labour was,
that men and women readyng this worke, and
obs

obseruyng the counsayles therein, should adapte
therby their bodie, to receiue more sure remedies
by the medicines prepared by good physicions
in dangerous sicknesses, thei keepyng good
diets, and informyng diligently the same physicions
of the maner of their affectes, passions,
and sensible tokens. And so shall the noble and
moste necessarie science of phisicke, with the ministers
therof, escape the sclander, whiche they
haue of long tyme susteyned, and accordyng to
the precept of the wyse man, be worthily honoured,
for as muche as the highest God
did create the physicion for mans necessitee.
And of the earth created medicine, and the wyse man
shall not abhorre it. Thus fare ye well gentlemen
readers, and forget me not
with your good reporte,
and praise to God that
I be neuer worse
occupied.
Finis.



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